Programs for Seniors

Province of Nova Scotia Senior Citizens Secretariat

-3927/

Nova Scotia

Senior Citizens Secretariat

If you have suggestions or questions regarding the content of this brochure or if you require additional copies please contact any of the following at the telephone numbers shown:

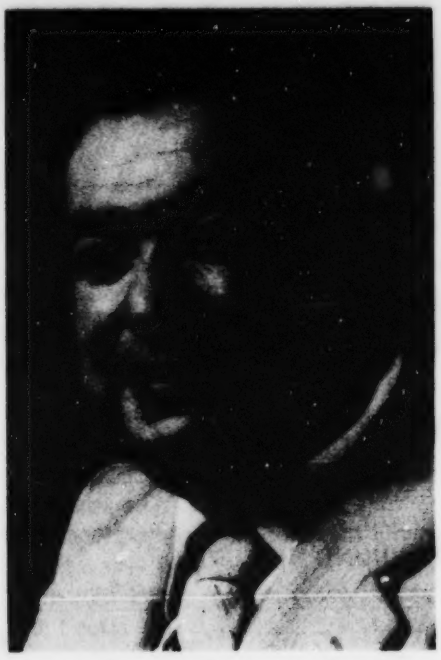
Fred R. MacKinnon, Director	424-6322
Valerie J. White, Coordinator	424-4649
Secretary	424-4737

Our Mailing Address is:

P.O. Box 2065
Halifax, Nova Scotia
B3J 2Z1

The offices of the Secretariat are located on the 6th floor of the Dennis Building, 1740 Granville Street, Halifax.

If you wish to call at the office regarding any matter, staff will be pleased to see you.



Shortly after its formation in 1980 the Secretariat, in response to an evident need, prepared a booklet entitled *Programs for Senior Citizens*. The booklet attempted to list and briefly describe all the programs and services available to seniors whether provided by government or voluntary agencies. The response to this first publication was enthusiastic and a second edition was published August 1, 1983.

This third edition is more comprehensive and better organized than the two previous booklets. We hope it will provide a brief but complete listing and description of the wide range of services available to seniors in our Province.

Speaking at Antigonish in June 1984, the Premier, The Honourable John M. Buchanan, renewed the commitment of our Government on behalf of seniors. I have much pleasure in re-emphasizing that commitment and making this publication available. I hope it will be useful and helpful for all our seniors.

Jack MacIsaac
Chairman

March 1, 1985

PERSONAL RECORD

NAME _____

ADDRESS _____

_____ POSTAL CODE _____

_____

TELEPHONE NUMBER _____

SOCIAL INSURANCE NUMBER _____

MEDICAL INSURANCE NUMBER _____

OLD AGE SECURITY (PENSION) NUMBER _____

NAME, ADDRESS AND TELEPHONE NUMBER OF:

RELATIVE _____

FRIEND _____

NAME, ADDRESS AND TELEPHONE NUMBER OF:

DOCTOR _____

LAWYER _____

CLERGY _____

SOCIAL WORKER OR SENIOR CITIZENS' COUNSELLOR _____

_____

OTHER TELEPHONE NUMBERS:

HEALTH DEPT. OR UNIT _____

HOME LIFE SUPPORTS _____

DRUGSTORE _____

CLUBS AND CENTRES _____

_____

EMERGENCY TELEPHONE NUMBERS

AMBULANCE _____ HOSPITAL _____

CRISIS CENTRE _____ POISON CONTROL _____

FIRE AND INHALATOR _____ POLICE _____

If you can't dial the number yourself, dial "0" for Operator and say "This is an emergency." Give the Operator the area name where help is needed. If you cannot stay at the phone, give the exact location of the emergency.

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Province-Wide Organizations for Seniors

The Senior Citizens' Secretariat

In February 1980, the Honourable Jack MacIsaac, Minister of Municipal Affairs and Minister in Charge of the Nova Scotia Housing Commission at that time, announced the formation of a Secretariat on Aging in the Provincial Government. Legislation was introduced at the 1980 Session of the Nova Scotia Legislature providing for the establishment of the Secretariat. The Act designated the Ministers of Social Services, Health, Municipal Affairs and the Minister charged with the Administration of the Housing Development Act as constituting the Secretariat with the Governor-in-Council having the authority to add other persons as may be determined from time to time.

The Minister of Education and the Minister of Culture, Recreation and Fitness were added to the membership of the Secretariat on August 17, 1982. Their respective departments provide programs of interest and benefit to seniors.

The Act provides that the objective and purpose of the Secretariat is to facilitate the planning and development of services and programs for seniors by coordinating plans, policies and programs presented by the departments of the Provincial Government and by developing plans, policies and programs for and with seniors in partnership with the responsible departments of government and other provincial bodies such as the Nova Scotia Senior Citizens' Commission and voluntary seniors' groups.

The Minister of Transportation is Chairman of the Secretariat.

The offices of the Secretariat are located on the 6th floor of the Dennis Building, 1740 Granville Street. The mailing address is P.O. Box 2065, Halifax, Nova Scotia, B3J 2Z1. The telephone numbers are 424-4737, 424-4649 and 424-6322.

The members of the Secretariat are:

Honourable Jack MacIsaac
Chairman
Minister of Transportation

Honourable Gerald Sheehy, D.V.M.
Minister of Health

Honourable Edmund Morris
Minister of Social Services

Honourable Thomas McInnis
Minister of Municipal Affairs

Honourable Michael Laffin
Minister of Housing

Honourable Terence R.B. Donahoe, Q.C.
Minister of Education

Honourable Billie Joe MacLean
Minister of Culture, Recreation & Fitness

Nova Scotia Senior Citizens' Commission

The Nova Scotia Senor Citizens' Commission was authorized by the Senior Citizens' Social Services Act of 1972.

The functions and powers of the Commission, as outlined under the Act, are as follows:

a) to conduct, direct and promote fact finding studies and research related to aging;

b) to seek out and encourage persons interested in providing voluntary services to citizen groups concerned with aging;

c) to promote new activities and social services for senior citizens through voluntary agencies and through all levels of Government as may be deemed appropriate;

d) to perform any duties assigned to the Commission by the Governor-in-Council or the Minister.

The members of the Senior Citizens' Commission appointed by the Executive Council for a three year term are as follows:

Name and Address	Expiration Date of Term of Office
Jack Glassey Truro, N.S.	August 31, 1986
Rev. W. Grant MacDonald Dartmouth, N.S.	February 28, 1987
Wilfred Wallis Pictou, N.S.	April 30, 1987
Philip Nash Glace Bay, N.S.	April 30, 1987
Elliott M. Robertson Halifax, N.S.	January 14, 1986
Mrs. Edith Harvie Halifax, N.S.	December 31, 1987
Mrs. Bertha Frison Reserve Mines, N.S.	December 31, 1987
Rev. William VanZoost Queens County, N.S.	December 31, 1987
Hugh Walker New Ross, N.S.	August 31, 1985
Mrs. Mary Vaughan Halifax, N.S.	February 28, 1986
Herman Hartlin East Jeddore, N.S.	February 28, 1986
Mrs. Helen Robinson Dartmouth, N.S.	February 28, 1986
Winnifred Rockwell Dartmouth, N.S.	February 28, 1986
Fred Wildsmith Port Hawkesbury, Nova Scotia	June 30, 1986
Mrs. Erma White Maitland, N.S.	June 30, 1986
Earl Stanley Cooke Dartmouth, N.S.	June 30, 1986
Doris Black Baddeck, N.S.	June 30, 1986
Hedley Ivany Halifax, N.S.	March 31, 1986

The Chairman is Jack Glassey of Truro.

The Coordinator is Allan Clark, Department of Social Services.

Other representative members of the Commission are:

Dr. John Stanton
Department of Health

Don Burgoyne
Continuing Education

Nelson Ellsworth
Department of Culture,
Recreation & Fitness

Valerie White
Senior Citizens' Secretariat

Canadian Pensioners Concerned Incorporated, Nova Scotia Division

Canadian Pensioners Concerned Incorporated is a multi-generational, voluntary organization with members, mainly retired persons, who work for older Canadians regardless of race, colour, sex, creed or political affiliation, who are being seriously hurt by inadequate incomes, inflation, taxes, unsatisfactory health care and housing arrangements. The organization has provincial divisions which in turn have local chapters and associated clubs. The Nova Scotia division, established in 1971, is non-profit and non-partisan. It endeavors to achieve its aims by

collecting and distributing facts obtained from reliable official sources by means of reports, briefs, meetings, and workshops. Efforts are made to involve as many retired and semi-retired persons and other interested people as possible.

Membership fees for Canadian Pensioners Concerned Incorporated are as follows:

Individual Membership	$ 3.00
Married Couples	$ 5.00
Associated Clubs	$15.00

Membership cards are provided for individual members of associated clubs for an additional 50¢.

Publications:

Programme for Action, Halifax, 1980. Policy, goals, background. Provides self-help telephone numbers.

A Brief History of Nova Scotia Activities 1971-1980, Halifax, January, 1981.

Supplement 1981-1984 to be published 1985.

The Law and Older Nova Scotians: A Handbook about Federal and Nova Scotia Law and Related Information, Halifax, January, 1983. Price for Pensioners: $3.00 plus cost of mailing — $1.50.

Further information may be obtained by contacting:

Canadian Pensioners Concerned Incorporated
(Nova Scotia Division)
Tower 1, Suite 103
Halifax Shopping Centre
7001 Mumford Road
Halifax, Nova Scotia
B3L 2H9
Telephone: 455-7684
Contact: M. Doreen E. Fraser, President

The Federation of Senior Citizens and Pensioners of Nova Scotia

The Federation of Senior Citizens and Pensioners of Nova Scotia was organized in 1973. The Federation is a democratic, non-political, non-sectarian organization composed of senior citizens clubs and councils in Nova Scotia. It is affiliated with the National Federation of Senior Citizens and Pensioners. Delegates regularly attend National Conventions and other events pertaining to senior citizens' and pensioners' affairs. Registered membership in the Nova Scotia branch represents the active affiliation of 130 clubs and councils from all areas of the Province.

The objectives of the Federation are:

1. To present a new image of the active senior citizens' involvement in the community.
2. To promote a range of services that enable seniors to function and remain in their homes for as long as possible.
3. To promote a range and choice of living accommodations when seniors are unable to remain in their own homes.
4. To obtain adequate income for seniors.
5. To promote transportation services that are usable and accessible.
6. To act as an effective voice in making known to the proper authorities the needs of older people in Nova Scotia, through affiliation with the National Organization.
7. To request improvement in social and recreational programs for seniors.
8. To request adequate medical and drug services for seniors.
9. To develop a closer relationship with other bodies and organizations sharing similar objectives and concerns.

For further information contact:

The Federation of Senior Citizens and Pensioners
Box 500
Reserve Mines, Nova Scotia
B0A 1V0
Contact: Robert Wadman, President
Telephone: 849-9463
or
Mrs. Bertha Frison,
Secretary-Treasurer
Reserve Mines, Nova Scotia
Telephone: 849-8437

Gerontology Association of Nova Scotia

The Gerontology Association of Nova Scotia is an organized response to the affiliation, information, education and resource coordination needs of persons working with the elderly in the Province.

The aims and objectives of the Association are as follows:

1. To provide opportunities for personnel working in the field to meet and share common concerns, through regional chapter meetings, conferences, in-service workshops and symposiums.

2. To foster coordination of agencies and organizations for the elderly in Nova Scotia.

3. To serve as a consulting body to the elderly and persons working in the field of Gerontology.

4. To provide an information and resource centre.

5. To facilitate research in conjunction with the appropriate agencies, organizations and individuals.

Membership in the Association is open to organizations and individuals who have a professional interest or personal concern in Gerontology. The dues are $10.00 per year for an individual and $25.00 per year for an organization. Individual members and those members designated by an organization have the right to vote in matters relating to the work of the Association.

For further information contact:

Gerontology Association
of Nova Scotia
P.O. Box 1312
Wolfville, Nova Scotia
B0P 1X0
Telephone: 542-9327

New Horizons Program

New Horizons is a province-wide federal program under the Department of National Health and Welfare, which distributes grants to groups of seniors to enable them to become involved in community projects. Projects may cover a wide variety of activities including arts and crafts, sports and recreation, historical, cultural and educational information services, social services and drop-in or activity centres. Funds are available to start up new activities or expand existing activities.

For further information contact:

New Horizons Program
Suite 405
5670 Spring Garden Road
Halifax, Nova Scotia
B3J 1H6
Telephone: 426-2741

Contact:
Kevin S. Ryan
Regional Manager
or
Roy Comeau
Field Representative
or
Mrs. Irene Rose
Field Representative

Retirement Income

The primary responsibility for pensions and retirement income rests with the Federal Government. The Canadian Old Age Security Program is sometimes described as having three tiers. The first tier is the Canada Pension Plan and the second tier is the universal Old Age Pension payment. If the total income from these two tiers and private savings and pension plans is insufficient, there is a third tier, the Guaranteed Income Supplement which is payable on the basis of an income test. Descriptions of these federal programs follow:

Retirement Income Programs Provided by the Federal Government

The Income Security Programs — Old Age Security, Guaranteed Income Supplement, Spouse's Allowance and Canada Pension Plan — are all centralized in one office. The Regional Provincial office is as follows:

Halifax District Office
Suite 111, Simpsons Mall
6960 Mumford Road
Halifax, Nova Scotia
B3L 4P1
Telephone:
426-3720 or 426-3711 or 426-3721

Regional and Local Offices

Bridgewater:
C.E.I.C. Office (Every Thursday)
Sobey's Shopping Centre
236 Dominion Street
Bridgewater, Nova Scotia
B4V 3W6
Telephone: 543-9181

Kentville:
C.E.I.C. Office (Every Thursday)
Cornwallis Inn Complex
Kentville, Nova Scotia
B4N 1L1
Telephone: 678-7391

Yarmouth:
C.E.I.C. Office (Every Tuesday)
Yarmouth Shopping Centre
Starr's Road
Yarmouth, Nova Scotia
B5A 4B4
Telephone: 742-7883

Sydney District Office:
58 Dorchester Street
Sydney, Nova Scotia
B1P 5Z1
Telephone: 562-5809

Inverness:
C.E.I.C. Office (Every Thursday 11:00 to 4:00)
Federal Building
Railroad Street
Inverness, Nova Scotia
B0E 1N0
Telephone: 258-2995

Antigonish District Office:
Main Street
Federal Building
P.O. Box 1745
Antigonish, Nova Scotia
B2G 2M5
Telephone: 863-3540

Port Hawkesbury:
C.E.I.C. Office (Every Friday 11:00 to 4:00)
Chediac Plaza
Reeves Street
Port Hawkesbury,
Nova Scotia B0E 2V0
Telephone: 625-2500

New Waterford:
C.E.I.C. Office
3440 Plummer Ave.
New Waterford
Nova Scotia B1H 1Z3
Telephone: 862-2405
(Every Wednesday 1:00 to 4:00)

Windsor:
C.E.I.C. Office
Windsor Mall
104 Water Street
Windsor, Nova Scotia
B0N 2T0
Telephone: 798-5701
(Every 2nd Wednesday 8:30 to 4:00)

North Sydney:
C.E.I.C. Office
116 King Street
North Sydney
Nova Scotia B2A 3R7
Telephone: 794-4794
(Every Monday 1:00 to 4:00)

Middleton:
C.E.I.C. Office
11 Commercial Street
PO Box 100
Middleton
Nova Scotia B0S 1P0
Telephone: 825-4675
(Every 1st & 2nd Wednesday 8:30 to 4:00)

Liverpool:
C.E.I.C. Office
Federal Building
164 Main Street
General Delivery
Liverpool, Nova Scotia
B0T 1K0
Telephone: 354-3471
(Every 2nd Tuesday 8:30 to 4:00)

Glace Bay:
C.E.I.C. Office
59 Main Street
Glace Bay, Nova Scotia
B1A 4X8
Telephone: 849-8650
(Every Tuesday 9:00 to 4:00)

Digby:
C.E.I.C. Office
Evangeline Shopping Mall
PO Box 1540
Digby, Nova Scotia
B0V 2T0
Telephone: 245-4781
(Every 2nd & 4th Wednesday 8:30 to 4:00)

Shelburne:
C.E.I.C. Office
Old Post Office Bldg.
PO Box 810
Water Street
Shelburne
Nova Scotia B0T 1W0
Telephone: 875-2452
(Every 2nd Wednesday 8:30 to 4:00)

Amherst:
Federal Building
40 Havelock Street
Amherst, Nova Scotia
B2H 1X6
Telephone: 667-5126
(Every Wednesday and Thursday 8:30 to 4:30)

New Glasgow:
689 Westville Road
Highland Square Mall
New Glasgow, Nova Scotia
B2H 2J6
Telephone: 755-4430
(Every Monday Wednesday and Thursday 8:30 to 4:30)

Truro:
No. 14 Truro Centre
Esplanade Street
Truro, Nova Scotia
B3N 2K3
Telephone: 895-4335
(Every Monday and Tuesday 8:30 to 4:30)

Apart from the Regional Provincial office located in Halifax, the Federal Government maintains three district offices. These offices provide client services for Old Age Security, Guaranteed Income Supplement, Spouse's Allowance and the Canada Pension Plan and are open daily rather than at designated times. They are located as follows:

Halifax
Suite 111
Simpsons Mall
6960 Mumford Road
Halifax, Nova Scotia
B3L 4P1
Telephone: 426-3721
or 426-3711

Antigonish
Federal Building
Main Street
Antigonish, N.S.
B2G 2M5
Phone: 863-3540

Sydney
158 Dorchester Street
Sydney, Nova Scotia
B1P 5Z1
Telephone: 562-5809

Old Age Security Pension

The Old Age Security pension is a monthly benefit paid to persons 65 years of age or over who have Canadian legal residence status and meet the residence requirement. A minimum of 10 years residence in Canada after age 18 is required to qualify for a pension while residing in Canada. A minimum of 20 years residence in Canada after age 18 is required to qualify for a pension while residing outside Canada.

The monthly payment as of January 1985 for full Old Age Security was $273.80. Payments increase in January, April, July and October

each year if there is an increase in the cost of living index.

Application must be made for this pension. If possible, the application should be made six months before the applicant's 65th birthday. A birth certificate or baptismal certificate must be included. If the applicant's birth was not registered, or he/she was not baptized, then two other documents that state age or date of birth should be enclosed. If proof of age is not available, the Old Age Security office will help with this.

If the applicant meets the age, residence and residence status requirements, the first cheque will be received in the month following the applicant's 65th birthday.

Applications are available at all Post Offices and at any Income Security Program office.

Guaranteed Income Supplement

This is a benefit available to persons who receive Old Age Security and who have little or no other income. This additional benefit must be re-applied for every year. Eligibility and the amount of the supplement usually depends on total actual income in the previous calendar year and marital status. However, if a person has retired or suffered a loss or reduction in retirement income, he or she may qualify on income after the change.

The maximum G.I.S. payment as of January 1985 was $325.41 for a single person and $211.93 each for a married couple. This supplement is included in the Old Age Security cheque.

When the cost of living index increases, the supplement goes up in January, April, July and October by the percentage increase in the index.

Persons who think they are eligible but who have not received an application form may contact the Income Security Programs office in their district.

Spouse's Allowance

This is paid to spouses of Old Age Security pensioners when the spouse is between 60 and 65 years of age and the pensioner is in receipt of the Guaranteed Income Supplement. It is based on the combined income of husband and wife. (A common-law relationship may be recognized.)

The spouse must have lived in Canada for at least 10 years following his/her 18th birthday. He/she must also be a Canadian citizen or a legal resident of Canada.

Combined annual income, not including the Old Age Security and Guaranteed Income Supplement, must be less than $14,591.99 effective January 1985, to qualify.

Effective January 1985, the maximum monthly payment was $485.73 per month.

Spouse's Allowance will continue following the death of the pensioner until the surviving spouse reaches age 65 or remarries, if the surviving spouse has little or no income.

Payments are increased in January, April, July and October of each year if there is an increase in the cost of living index.

The spouse should apply for this benefit six months before his or her 60th birthday and must reapply each year until he or she becomes eligible for Old Age Security at 65 years of age.

Canada Pension Plan

The Canada Pension Plan is a contributory pension plan. Persons having paid into the plan may be eligible for benefits. Application for Canada Pension should be made six months before applicant's 65th birthday or two months before retirement.

The Canada Pension Plan pays six benefits to its contributors:

1. A monthly retirement benefit to those 65 years of age or over; the amount depends upon wages when employed.

2. A monthly disability pension to persons under 65.

3. Monthly benefits for children dependent on disabled persons (under 65).

4. A death benefit.

5. A monthly spouse's pension for widows and widowers whose spouses contributed to the plan.

6. A monthly pension for orphans.

Persons eligible for Old Age Security and a retirement pension may apply for both at the same time at any Income Security Program office.

Further information on any of these programs may be obtained from the District Income Security Programs office.

The 1985 maximum benefit rates for the Canada Pension Plan are as listed below.

Retirement		$ 435.42
Disability		414.13
Survivor's Pension	Under 65	250.84
	Over 65	261.25
Child's Benefit		87.56
Death Benefit		2,340.00

Veterans Affairs

Benefits from Veterans Affairs are available to war veterans and certain civilian groups. These benefits include Disability Pensions, Veterans Land Administration, and War Veterans Allowance, plus coverage of hospital and medical expenses and assistance with eye glasses, dental care, etc.

For information call or visit the office of Veterans Affairs Canada at the following address:

Department of Veterans Affairs
P.O. Box 8063
6080 Young Avenue
Halifax, Nova Scotia
B3K 5L8
Telephone: 426-7931

Retirement Income Programs Provided by the Provincial Department of Social Services

The Nova Scotia Provincial Government supplements federal Old Age Security payments for people having financial difficulties due to exceptionally high rental costs, or municipal taxes, and (during the past decade) excessive energy costs. To meet these needs, the Province has developed three special programs: Special Social Assistance, Property Tax Rebate, and Rental Assistance. A description of these programs follows. In addition, the Provincial Family Benefits Program may be of assistance to seniors. Workers' Compensation is a provincial program available to all workers who qualify regardless of age.

Special Social Assistance

A special allowance is paid to all persons who reside in the Province of Nova Scotia and who receive the Guaranteed Income Supplement. The allowance is paid once a year.

The amount of the allowance is related to the amount of the Guaranteed Income Supplement received by the senior citizen. The 1981 level of payments was indexed and the four levels of payment in 1982 were $219.00, $197.00, $146.00 and $109.00 per annum. These payments remained the same in 1984.

Property Tax Rebates

A Property Tax Rebate program was implemented in September 1980 whereby senior citizen homeowners who are in receipt of the Guaranteed Income Supplement or Spouse's Allowance are entitled to a fifty per cent rebate of their residential property taxes.

The eligibility criteria are as follows:

a) The senior must be a recipient of the Guaranteed Income Supplement or Spouse's Allowance.

b) The senior must own the property in which he or she resides.

c) The property must be in Nova Scotia.

d) The taxes must have been paid for the rebate year.

e) An application form must be completed, signed by the senior and returned to the Department together with the tax bill and receipt for taxes paid for the rebate year.

Rental Assistance

Singles and couples who are in receipt of the Guaranteed Income Supplement or Spouse's Allowance and single persons whose income does not exceed $9,800 per year are eligible for a rental subsidy. The maximum rent on which the supplement is paid is $245 for singles and $320 for couples. The minimum payment is $15 per month.

The amount of the rental assistance ranges from 50% to 75% of the rent in excess of 30% of the senior citizen's income. The percentage varies depending on the amount of the income.

The maximum assistance for a single person is $95.00 per month payable where the gross income is $395 and the rent is $245 or more.

The tables on the following pages show the amount of the rental assistance for both single persons and couples. The income levels are shown on the left hand side and the monthly rent at the top of the table. The subsidy is determined at the point where the income and rental lines meet.

Information regarding the above programs may be obtained by contacting the following:

Supervisor of Senior Citizens'
Financial Aid Programs
Suite 321, Roy Building
1657 Barrington Street
Halifax, Nova Scotia
B3J 2Z1
Telephone: 424-4500

N.S. Rental Assistance Program for Senior Citizens

For a Single Person

Income per Month	Monthly Rent													
	$120	$130	$140	$150	$160	$170	$180	$190	$200	$210	$220	$230	$240	$245 & over
395.00	15.00	15.00	16.00	24.00	31.00	39.00	46.00	54.00	61.00	69.00	76.00	84.00	91.00	95.00
410.00	0	15.00	15.00	20.00	28.00	35.00	43.00	50.00	58.00	65.00	73.00	80.00	88.00	92.00
425.00	0	15.00	15.00	16.00	23.00	30.00	37.00	44.00	51.00	58.00	65.00	72.00	79.00	82.00
440.00	0	15.00	15.00	15.00	20.00	27.00	34.00	41.00	48.00	55.00	62.00	69.00	76.00	79.00
455.00	0	0	15.00	15.00	16.00	23.00	30.00	37.00	44.00	51.00	58.00	65.00	72.00	76.00
470.00	0	0	15.00	15.00	15.00	20.00	27.00	34.00	41.00	48.00	55.00	62.00	69.00	73.00
485.00	0	0	0	15.00	15.00	17.00	24.00	31.00	38.00	45.00	52.00	59.00	66.00	70.00
500.00	0	0	0	0	15.00	15.00	20.00	26.00	33.00	39.00	46.00	52.00	59.00	62.00
515.00	0	0	0	0	15.00	15.00	17.00	24.00	30.00	36.00	43.00	49.00	56.00	59.00
530.00	0	0	0	0	15.00	15.00	15.00	20.00	27.00	33.00	40.00	46.00	53.00	56.00
545.00	0	0	0	0	0	15.00	15.00	17.00	24.00	30.00	37.00	43.00	50.00	53.00
560.00	0	0	0	0	0	15.00	15.00	15.00	21.00	27.00	34.00	40.00	47.00	50.00
575.00	0	0	0	0	0	0	15.00	15.00	18.00	24.00	31.00	37.00	44.00	47.00
590.00	0	0	0	0	0	0	15.00	15.00	15.00	21.00	28.00	34.00	41.00	44.00
605.00	0	0	0	0	0	0	0	15.00	15.00	19.00	25.00	32.00	38.00	41.00
620.00	0	0	0	0	0	0	0	15.00	15.00	16.00	22.00	29.00	35.00	38.00
635.00	0	0	0	0	0	0	0	0	15.00	15.00	18.00	24.00	30.00	33.00
650.00	0	0	0	0	0	0	0	0	15.00	15.00	15.00	21.00	27.00	30.00
665.00	0	0	0	0	0	0	0	0	15.00	15.00	15.00	18.00	24.00	27.00
680.00	0	0	0	0	0	0	0	0	0	15.00	15.00	16.00	22.00	25.00
695.00	0	0	0	0	0	0	0	0	0	15.00	15.00	15.00	19.00	22.00
710.00	0	0	0	0	0	0	0	0	0	0	15.00	15.00	16.00	19.00
725.00	0	0	0	0	0	0	0	0	0	0	15.00	15.00	15.00	17.00
740.00	0	0	0	0	0	0	0	0	0	0	0	15.00	15.00	15.00
755.00	0	0	0	0	0	0	0	0	0	0	0	15.00	15.00	15.00
770.00	0	0	0	0	0	0	0	0	0	0	0	0	15.00	15.00

These tables are designed to give you an idea of amounts that may be payable under the Rental Assistance Program for different rent and income levels.

To find out how much you may be eligible to receive look down the left hand side until you find the row for your approximate income level. Then move along the row from left to right until you find the column for your approximate rent level. That figure will be the monthly allowance payable to you under this program.

For example, a single senior citizen with a monthly income of $470.00 and rent of $180.00 would receive approximately $27.00 per month.

N.S. Rental Assistance Program for Senior Citizens

Couples

Income Per Month	Monthly Rent							
	$250	$260	$270	$280	$290	$300	$310	$320
500.00	65.00	72.00	78.00	85.00	91.00	98.00	104.00	111.00
515.00	62.00	69.00	75.00	82.00	88.00	95.00	101.00	108.00
530.00	59.00	66.00	72.00	79.00	85.00	92.00	98.00	105.00
545.00	56.00	63.00	69.00	76.00	82.00	89.00	95.00	102.00
560.00	53.00	60.00	66.00	73.00	79.00	86.00	92.00	99.00
575.00	50.00	57.00	63.00	70.00	76.00	83.00	89.00	96.00
590.00	47.00	54.00	60.00	67.00	73.00	80.00	86.00	93.00
605.00	45.00	51.00	58.00	64.00	71.00	77.00	84.00	90.00
620.00	42.00	48.00	55.00	61.00	68.00	74.00	81.00	87.00
635.00	36.00	42.00	48.00	54.00	60.00	66.00	72.00	78.00
650.00	33.00	39.00	45.00	51.00	57.00	63.00	69.00	75.00
665.00	30.00	36.00	42.00	48.00	54.00	60.00	66.00	72.00
680.00	28.00	34.00	40.00	46.00	52.00	58.00	64.00	70.00
695.00	25.00	31.00	37.00	43.00	49.00	53.00	61.00	67.00
710.00	22.00	28.00	34.00	40.00	46.00	52.00	58.00	64.00
725.00	20.00	26.00	32.00	38.00	44.00	50.00	56.00	62.00
740.00	15.00	21.00	26.00	32.00	37.00	43.00	48.00	54.00
755.00	15.00	18.00	24.00	29.00	35.00	40.00	46.00	51.00
770.00	15.00	16.00	21.00	27.00	32.00	38.00	43.00	49.00
785.00	15.00	15.00	19.00	24.00	30.00	35.00	41.00	46.00
800.00	15.00	15.00	17.00	22.00	28.00	33.00	39.00	44.00
815.00	15.00	15.00	15.00	20.00	25.00	31.00	36.00	42.00
830.00	15.00	15.00	15.00	17.00	23.00	28.00	34.00	39.00
845.00	0	15.00	15.00	15.00	20.00	26.00	31.00	37.00
860.00	0	15.00	15.00	15.00	16.00	21.00	26.00	31.00
875.00	0	0	15.00	15.00	15.00	19.00	24.00	29.00
890.00	0	0	15.00	15.00	15.00	17.00	22.00	27.00
905.00	0	0	0	15.00	15.00	15.00	19.00	24.00
920.00	0	0	0	15.00	15.00	15.00	17.00	22.00
935.00	0	0	0	0	15.00	15.00	15.00	20.00
950.00	0	0	0	0	15.00	15.00	15.00	18.00
965.00	0	0	0	0	15.00	15.00	15.00	15.00
980.00	0	0	0	0	0	15.00	15.00	15.00
995.00	0	0	0	0	0	15.00	15.00	15.00
1,010.00	0	0	0	0	0	0	15.00	15.00
1,025.00	0	0	0	0	0	0	15.00	15.00
1,040.00	0	0	0	0	0	0	0	15.00
1,055.00	0	0	0	0	0	0	0	15.00

Family Benefits

Disabled persons under 65 years of age, disabled fathers with a dependent child, single women 60-65 years of age who are unemployable and single mothers with a dependent child, may apply for benefits under the Family Benefits program if they are in financial need. Persons who are over 65 years of age and do not receive Old Age Security payments may also apply for Family Benefits.

Foster Parents Program

Persons who are caring for children may be paid $83.00 per month for the first child and $75.00 per month for each additional child provided that the mother or father is not supporting them and the total income is not over $10,000 plus $500 for each child receiving care.

For further information about this program, contact the Regional or District Offices of the Department of Social Services nearest you, as listed beginning on page 17 of this booklet.

Workers' Compensation Board

The Workers' Compensation Board is a corporate body established by statute to administer and develop all aspects of compensation for workers. Employees working in an industry covered by the Act, either legislatively or voluntarily, are compensated for personal injury caused by an accident arising out of and in the course of employment if he/she is totally disabled for a period of at least three days.

Compensation is paid at the rate of 75% of the claimant's average yearly earnings and for the duration of disability, up to the current maximum. For a claimant who is permanently disabled, either totally or partially, compensation is payable monthly for life, calculated on the same basis as above. Dependent children of 100% disabled workers are eligible for monthly payments until the end of the school year in which age 18 is attained. This allowance may continue for educational pursuits to the age of 21 or up to the end of the school term. Where the impairment is not more than 10 per cent, payment may be made in a lump sum.

If further information is required write for the pamphlet *Claims Information for Employees and Employers* to:

Workers' Compensation Board
P.O. Box 1150
5668 South Street
Halifax, Nova Scotia
B3J 2Y2
Tel: 425-8440

Medical Arts Building
336 King's Road
Sydney, Nova Scotia
B1S 1A9
Tel: 564-6426

Retirement Income Programs Provided by Municipal Governments

Municipal Social Assistance Supplementation is related primarily to such needs as drugs, housing and transportation.

Municipal Social Assistance

Municipal assistance may be paid to supplement federal and provincial benefits where individual need is such that the federal and/or provincial benefits are inadequate. The decision to grant municipal social assistance rests with the individual municipal unit; there are 66 such units in Nova Scotia. In addition, the Cape Breton Joint Expenditure Board is responsible for the decisions relating to Homes for Special Care and the maintenance of patients therein. Each municipal unit pays social assistance on the basis of policies established by the local council. The costs of municipal assistance are shared by the federal, provincial, and municipal levels of government. Municipal policies regarding supplementation vary greatly from one municipal unit to another and the policies followed in each municipal unit are the responsibility of the local town, city, or municipal council.

Municipal Social Services Departments also provide services to seniors in respect to a wide variety of other needs. The extent of the services provided is a matter of local policy determined by the town, city, or municipal council. Some Municipal Social Services offices help seniors find suitable housing, provide counselling services, and help with transportation and similar needs. The City of Dartmouth, for example, provides a Senior Service Centre staffed by two professionals whose work is entirely devoted to improving the quality of life for seniors in the city. The City of Halifax also provides extensive services to seniors.

Municipal Social Services Workers and Offices

*Municipal units which do not have an office or a full-time Social Service Worker.

Cities	Name and Title	Address
Dartmouth	William McNeil, M.S.W. Director, Social Services	P.O. Box 817 City Hall, Dartmouth Nova Scotia B2Y 3Z3
Halifax	Harold Crowell, R.S.W. Director, Social Planning	City of Halifax City Hall, P.O. Box 1749 Halifax, Nova Scotia B3J 3A5
	Terry Stewart Social Assistance Administrator	
Sydney	James MacCormack, M.S.W. Director, Social Services	P.O. Box 730 Sydney, Nova Scotia B1P 6H7
Towns		
Amherst	Mrs. Audrey Copp Director, Social Services	P.O. Box 471 Amherst Nova Scotia B4H 4A1
Annapolis Royal	Brian Taylor Director, Social Services	P.O. Box 100 Municipal Building Annapolis Royal Nova Scotia B0S 1A0
Antigonish	Mr. L.A. Mills District Supervisor ATTN: Peter MacKenzie George MacDonald	Antigonish District Office P.O Box 1450, Antigonish Nova Scotia B2G 2L7 Antigonish
Bedford	Mr. Ed Mason Director, Social Services	P.O. Box 300 Armdale, Nova Scotia B3L 4K3
Berwick	Henry Bourgeois Director, Social Services	P.O. Box 100 Kentville Nova Scotia B4N 3W3
Bridgetown*	William F. Hamilton Clerk-Treasurer	P.O. Box 309 Bridgetown Nova Scotia B0X 1C0
Bridgewater	Malcolm Burrill, M.S.W. District Supervisor ATTN: Robert Deveau	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8
Canso	Greg Wiseman District Supervisor ATTN: Blair Pellerin	P.O. Box 90 Chedabucto Mall, Guysborough Nova Scotia B0H 1N0
Clark's Harbour	Raymond Harris District Supervisor ATTN: Shirley Watson-Poole	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0

Digby	F.A. Bowes District Supervisor ATTN: G.V. Wessell Carl Deveau	Digby District Office P.O. Box 399 Digby, Nova Scotia B0V 1A0
Dominion	Gregory MacKenzie Social Service Worker	Dominion Nova Scotia B0A 1E0
Glace Bay	Robert McLennan Director, Social Services	Town Hall 5 MacKeen Street Glace Bay, Nova Scotia B1A 5B9
Hantsport	Barry Costello, M.S.W. District Supervisor	P.O. Box 2350 Windsor, Nova Scotia B0N 2T0
Kentville	Henry Bourgeois, M.S.W. Director, Social Services	P.O. Box 100 Kentville Nova Scotia B4N 3W3
Liverpool	Donald Burns District Supervisor	Queens District Office P.O. Box 1360, Liverpool Nova Scotia B0T 1K0
Lockeport	Raymond Harris District Supervisor	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0
Louisbourg*	Elaine MacPherson Clerk-Treasurer	P.O. Box 88, Louisbourg Nova Scotia B0A 1M0
Lunenburg	Malcolm Burrill, M.S.W. District Supervisor ATTN: Lewis Hooper	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8
Mahone Bay	Malcolm Burrill, M.S.W. District Supervisor ATTN: Jim Kenny	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8
Middleton	Brian Taylor Director, Social Services	Municipal Administration Bldg. P.O. Box 100, Annapolis Royal Nova Scotia B0X 1P0
Mulgrave	Greg Wiseman, B.A., B.Sc. District Supervisor ATTN: Blair Pellerin	P.O. Box 90 Chedabucto Mall, Guysborough Nova Scotia B0H 1N0
New Glasgow	R.C. Purdy, M.S.W. Regional Administrator ATTN: Doug Burgess	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5
New Waterford	Michael Kelly Director, Social Services	3371 Plummer Ave. New Waterford Nova Scotia B1H 1Y8
North Sydney	Donald MacKenzie Social Services Worker	P.O. Box 369 262 Commercial St. North Sydney Nova Scotia B2A 3M4
Oxford*	Harris M. McCormack Clerk-Treasurer	P.O. Box 338 Oxford, Nova Scotia B0M 1P0

Parrsboro*	Rosemary Currie Director, Social Services	P.O. Box 399 24 Crescent Avenue Amherst, Nova Scotia B4H 3Z5
Pictou	R.C. Purdy, M.S.W. Regional Administrator ATTN: Reginald Foote	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5
Port Hawkesbury	Gordon MacMaster District Supervisor ATTN: Bruce Milsom	P.O. Box 359 Port Hawkesbury Nova Scotia B0E 2V0
Shelburne	Raymond Harris District Supervisor ATTN: Shirley Watson-Poole	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0
Springhill	Raymond Boss Director, Social Services	P.O. Box 2549 Springhill Nova Scotia B0M 1X0
Stellarton	R.C. Purdy, M.S.W. Regional Administrator ATTN: Roy Prest	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5
Stewiacke*	Harvey MacArthur, M.S.W. Executive Director	P.O. Box 950 Truro, Nova Scotia B2N 5G7
Sydney Mines	John Healey Social Services Worker	Main Street Sydney Mines Nova Scotia B1V 1C2
Trenton	R.C. Purdy, M.S.W. Regional Administrator ATTN: Roy Prest	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5
Truro	Harvey MacArthur, M.S.W. Executive Director ATTN: Emily Lane Carolyn MacDonald	P.O. Box 950 Truro, Nova Scotia B2N 5G7
Westville	R.C. Purdy, M.S.W. Regional Administrator ATTN: Reginald Foote	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5
Windsor	Barry Costello, M.S.W. District Supervisor ATTN: Angus Riley	P.O. Box 2350 Windsor Nova Scotia B0N 2T0
Wolfville	Barry Costello, M.S.W. District Supervisor	P.O. Box 2350 Windsor Nova Scotia B0N 2T0
Yarmouth	Douglas Raymond, R.S.W. Regional Administrator ATTN: Victor Amirault	Western Regional Office P.O. Box 460, Yarmouth Nova Scotia B5A 4B5
Municipalities		
Annapolis County	Brian Taylor Director, Social Services	Municipal Administration Bldg. P.O. Box 100, Annapolis Royal Nova Scotia B0S 1A0

Antigonish County	L.A. Mills District Supervisor ATTN: Peter MacKenzie George MacDonald	Antigonish District Office P.O. Box 1450, Antigonish Nova Scotia B2G 2M5
Argyle	Douglas Raymond Regional Administrator ATTN: Sampson Cummings	Western Regional Office P.O. Box 460, Yarmouth Nova Scotia B5A 4B5
Barrington	Raymond Harris District Supervisor ATTN: Shirley Watson	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0
Cape Breton County	Hugh MacDonald Director, Social Services	77 King's Road, Sydney Nova Scotia B1S 1A2
Cape Breton Joint Expenditure Board	John Woodford Supervisor of Placement	Community Residence Program 292 Charlotte Street Sydney, Nova Scotia B1P 1C7
Chester	Malcolm Burrill, M.S.W. District Supervisor ATTN: Lewis Hooper Jim Kenny	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8
Clare	F.A. Bowes District Supervisor ATTN: Carl Deveau	Digby District Office P.O. Box 399, Digby Nova Scotia B0V 1A0
Colchester County	Betty Thomsen Director, Social Services	Court House P.O. Box 697 Truro, Nova Scotia B2N 5E7
Cumberland County	Rosemary Currie Director, Social Services	P.O. Box 399 24 Crescent Avenue Amherst, Nova Scotia B4H 3Z5
Digby County	F.A. Bowes District Supervisor ATTN: G.V. Wessell	Digby District Office P.O. Box 399 Digby, Nova Scotia B0V 1A0
Guysborough	Greg Wiseman District Supervisor ATTN: Blair Pellerin	P.O. Box 90 Chedabucto Mall, Guysborough Nova Scotia B0H 1N0
Halifax County	Edward C. Mason, M.S.W. Director, Social Services	P.O. Box 300 Halifax, Nova Scotia B3L 4K3
Dartmouth Branch	Joseph Campbell District Supervisor	1211 Cole Harbour Rd. Dartmouth Nova Scotia B2V 1M9
Hants County (Hants East & Hants West)	Barry Costello District Supervisor ATTN: Angus Riley	P.O. Box 2350 Windsor, Nova Scotia B0N 2T0
Inverness County	James F. Gillis Director, Social Services	Municipal Bldg., Port Hood Nova Scotia B0E 2W0
Kings County	Henry Bourgeois, M.S.W. Director, Social Services	P.O. Box 100 Kentville, Nova Scotia B4N 3W3

Lunenburg County	Malcolm Burrill, M.S.W. District Supervisor ATTN: Robert Deveau Jim Kenney	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8
Pictou County	Michael J. MacIsaac Social Service Worker	P.O. Box 488 New Glasgow Nova Scotia B2H 5E5
Queens County	Donald Burns District Supervisor ATTN: Social Service Worker	Queens District Office P.O. Box 1360, Liverpool Nova Scotia B0T 1K0
Richmond County	Norman Bartholomew Director, Social Services	P.O. Box 93, St. Peters Nova Scotia B0E 3B0
Shelburne County	Raymond Harris District Supervisor ATTN: Shirley Watson	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0
St. Mary's	L.A. Mills District Supervisor ATTN: Peter MacKenzie George MacDonald	Antigonish District Office P.O. Box 1450, Antigonish Nova Scotia B2G 2M5
Victoria County	Mrs. Marion MacDonald Director, Social Services	P.O. Box 29, Baddeck Nova Scotia B0E 1B0
Yarmouth County	Douglas Raymond Regional Administrator ATTN: Sampson Cummings	Western Regional Office P.O. Box 460, Yarmouth Nova Scotia B5A 4B5

Social Services — Provincial

Homes for Special Care

The Provincial Government cost shares with the municipal units 66⅔ per cent of the net costs for persons in need being maintained in licensed Homes for Special Care. These Homes for Special Care are as follows:

a) Nursing Homes
b) Homes for the Aged
c) Residential Care Facilities

The Department of Social Services is responsible for licensing, the enforcement of standards and the general supervision of these Homes. Homes for the aged provide care and a wide range of services required by elderly and infirm persons who are unable to maintain themselves in the community. They provide both personal care and nursing care. Persons requiring nursing care are placed in the nursing care section of these Homes. Nursing homes provide a similar kind of care.

Persons who do not require care in a Home for the aged or nursing home may be maintained in a residential care facility which is similar to a boarding home. If you wish to make inquiries about admission to one of these Homes you should contact the municipal social service office nearest you and these officials will be able to help you and explain the admission procedures. The Regional and District Offices of the Provincial Department of Social Services and their locations are as follows. They may also be helpful.

Regional and District Offices

Western Regional Office
Department of Social Services
P.O. Box 460
10 Starrs Road
Yarmouth
Nova Scotia B5A 4B4
Telephone: 742-7871

Douglas Raymond
Regional Administrator

Cape Breton Regional Office
Department of Social Services
Suite 7, Provincial Bldg.
360 Prince Street
Sydney, N.S.
B1P 5L1
Telephone: 562-5507

Cyril Reddy
Regional Administrator

Halifax Regional Office
Department of Social Services
Metro One
6061 Young St, Suite 320
P.O. Box 8715
Halifax, N.S.
B3K 5M4
Telephone: 424-4170

Joan MacKinnon
Regional Administrator

Central Regional Office
Department of Social Services
P.O. Box 188
F.W. Robinson Building
374 Main Street
Kentville, N.S.
B4N 3W7
Telephone: 678-6176

Douglas Penney
Regional Administrator

North Shore Regional Office
Department of Social Services
P.O. Box 488
Campbell's Lane
New Glasgow, N.S.
B2H 5E5
Telephone: 755-5950

Reginald C. Purdy
Regional Administrator

Colchester District Office
Department of Social Services
P.O. Box 950
58 Willow Street
Truro, Nova Scotia
B2N 5G7
Telephone: 895-6336

Harvey MacArthur
District Supervisor

Antigonish District Office
Department of Social Services
P.O. Box 1450
Provincial Building
James Street
Antigonish, N.S.
B2G 2M5
Telephone: 863-3213

L.A. Mills
District Supervisor

Guysborough District Office
Department of Social Services
P.O. Box 90
Chedabucto Mall
Guysborough, N.S.
B0H 1N0
Telephone: 533-4007

Greg Wiseman
District Supervisor

Port Hawkesbury District Office
Department of Social Services
P.O. Box 359
Provincial Building
MacSween Street
Port Hawkesbury, N.S.
B0E 2V0
Telephone: 625-0660

Gordon MacMaster
District Supervisor

New Waterford Sub-Office
Department of Social Services
793 Mahon Street
Box 224
New Waterford, N.S.
B1H 1Y8
Telephone: 862-6289

Jack Quinn
Casework Supervisor

Queens District Office
Department of Social Services
P.O. Box 1360
43 Carten Street
Liverpool, N.S.
B0T 1K0
Telephone: 354-3422

Donald Burns
District Supervisor

Digby District Office
Department of Social Services
P.O. Box 399
Warwick Street
Digby, Nova Scotia
B0V 1A0
Telephone: 245-2581

F.A. (Sandy) Bowes
District Supervisor

Lunenburg District Office
Department of Social Services
P.O. Box 170
Provincial Building
99 High Street
Bridgewater, N.S.
B4V 2W8
Telephone: 543-2411

Malcolm Burrill
District Supervisor

Annapolis District Office
Department of Social Services
P.O. Box 39
Municipal Building
St. George Street
Annapolis Royal
Nova Scotia
B0S 1A0
Telephone: 532-2337

Donald Lefurgey
District Supervisor

Cumberland District Office
Department of Social Services
P.O. Box 399
24 Crescent Avenue
Amherst, Nova Scotia
B4H 3Z5
Telephone: 667-3336

Donald Russell
District Supervisor

Shelburne District Office
Department of Social Services
P.O. Box 9
Administrative Centre
Barrington, N.S.
B0W 1E0
Telephone: 637-2335

Raymond Harris
District Supervisor

Hants District Office
Department of Social Services
P.O. Box 2350
1469 King Street
Windsor, Nova Scotia
B0N 2T0
Telephone: 798-8319

Barry Costello
District Supervisor

Dartmouth District Office
Department of Social Services
Suite 205
Dartmouth Professional Centre
277 Pleasant Street
Dartmouth, N.S.
B2Y 3S2
Telephone: 424-4158

Duncan Rosnok
District Supervisor

Sackville District Office
Department of Social Services
Cobequid Multi-Service Centre
70 Memory Lane
Lower Sackville
Nova Scotia
B4C 2J3
Telephone: 865-5750

Graeme Fraser
District Supervisor

Home Life Supports Program

Seniors can look forward to both increased and enriched services in their homes as a result of the implementation of the new Home Life Suports Program, announced by the Premier on April 3, 1984.

The Home Life Supports Program, under the coordination and administration of the Department of Social Services, seeks to increase the traditional services available through the homemakers program and to broaden this program to include such services as:

- Home Handy-person
- Snow Shovelling
- Meals on Wheels
- Wheels to Meals
- Adult Day Care
- Respite Care
- Attendant Care
- Information and Referral Services

Anyone interested in obtaining any of the above services may inquire at their local Homemakers Services Agency (listed in this publication) or write to the Director of Homemakers Services, Box 696, Halifax, Nova Scotia, B3J 2T7.

Monies are also being made available to non-profit community organizations to develop volunteer services for seniors that are unique regionally or not addressed under other formal programs. A maximum sum of $15,000.00 per annum per project will be provided for a period of three years. Direct inquiries to be made to the office of the Director of Homemakers Servcies.

As well, the Province is implementing under the Home Life Supports umbrella a program of in-home support services. This program essentially deals with the provision of financial assistance of up to $400.00 per month for family members who are caring for a senior family member (parent, aunt, uncle, sibling). Direct inquiries to the local Municipal Social Services Office or the Director of Municipal Services, Box 696, Halifax, Nova Scotia, B3J 2T7.

To date the response to the Home Life Supports Program has been significant and expansion of services offered by many of the established homemaker agencies has been approved.

The program seeks to increase the homemakers staff in the Province from 151 (March 31, 1984) to 330. It is anticipated a total of 6500 people will benefit from services under the Home Life Supports program; 85 per cent of the people benefitting will be in the senior age range.

Homemaker Services

A broad network of Homemaker Services has been established in Nova Scotia. These services enable senior citizens to continue living in their own homes and communities thus preventing institutionalization.

The following is a list of agencies set up to provide services which include meal preparation, light housekeeping, shopping and banking assistance, and limited personal care.

Halifax Region

C.A.S. of Halifax
5236 South Street
Halifax, N.S. B3J 1A4
Telephone: 425-5420
Contact: Marilyn Peers

C.A.S.

Halifax Community Care
2nd Floor
2156 Brunswick Street
Halifax, N.S. B3K 2Y8
Telephone: 421-6402
Contact: Bertilla Sampson

Municipal

Dartmouth Community Contact — Private
184 Portland Street
P.O. Box 62
Dartmouth, N.S. B2Y 1J4
Telephone: 463-3021
Contact: Mrs. Josephine Ruth

Homemakers Bureau — Private
Suite 2
5555 Young Street
Halifax, N.S. B3K 1Z7
Telephone: 423-8323
Contact: Mrs. Carolin Beairsto

Red Cross Homemakers — Private
1940 Gottingen Street
P.O. Box 366
Halifax, N.S. B3J 2P8
Telephone: 423-9181
Contact: Mrs. Joan Redmond, Director

Municipality of Halifax County Homemakers Services — Municipal
Cole Harbour Place
1211 Cole Harbour Road
Dartmouth, N.S. B2V 1M9
Telephone: 435-7472
Contact: Ms. Debbie Harvey

Cape Breton Region

Sydney Homemakers Society — Private
P.O. Box 730
Sydney, N.S. B1P 6H7
Telephone: 539-0940
Contact: Mrs. Colleen Chisholm

Citizens Service League of Glace Bay — Municipal
Town House
14R Commercial Street
Glace Bay, N.S. B1A 3C1
Telephone: 849-2449
Contact: Mrs. Elinor McArel, Executive Director

Northside Visiting Homemakers — Private
P.O. Box 76
Main Street
Sydney Mines, N.S. B1Y 2Y4
Telephone: 736-2701
Contact: Mr. Bernard Crane

Town of Dominion — Municipal
128 Commercial Street
Dominion, N.S. B0A 1E0
Telephone: 849-6504
Contact: Mr. Greg MacKenzie

Inverness County Homemakers — Municipal
P.O. Box 179, Port Hood
Inverness County
Nova Scotia B0E 2W0
Telephone: 787-2275
Contact: Mrs. Betty Campbell

Richmond County Homemakers — Municipal
St. Peter's, Richmond County
Nova Scotia B0E 3B0
Telephone: 535-3000
Contact: Mrs. Aubrey Boudreau

New Waterford Homemaker Services Society — Private
P.O. Box 68
New Waterford, N.S. B1H 4K4
Telephone: 862-7554
Contact: Janet M. Wilcox

North Shore Region

Antigonish & Area Homemaker Service — Private
42 West Street
Antigonish, N.S. B2G 2H5
Telephone: 863-6447
Contact: Dee Dee MacIntyre

Antigonish Homemakers — Municipal
Antigonish District Office
Department of Social Services
P.O. Box 1450
Antigonish, N.S. B0H 1B0
Telephone: 863-3213
Contact: Mr. L.A. Mills

St. Mary's Homemaker Services Association — Municipal
P.O. Box 8
Sherbrooke, N.S. B0J 3C0
Telephone: 522-2861
Contact: Mrs. Joan Sutherland

Children's Aid & Family Services of Colchester County — C.A.S.
P.O. Box 950
Truro, N.S. B2N 5G7
Telephone: 895-6336
Contact: Mr. H. MacArthur, Executive/Director or Mary Jo MacFadden, Supervisor

Children's Aid Society of Pictou County — C.A.S.
P.O. Box 488
New Glasgow, N.S. B2H 5E5
Telephone: 755-5950
Contact: Mr. R.C. Purdy, Executive Director

Family & Children's Services of Cumberland County — C.A.S.
P.O.Box 399
Amherst, N.S. B4H 3Z5
Telephone: 667-3336
Contact: Mr. Don Russell, District Supervisor or Mary Hawley, Supervisor

Guysborough District Office — Municipal
Department of Social Services
P.O. Box 90
Guysborough, N.S. B0H 1N0
Telephone: 533-4007
Contact: Mr. Greg Wiseman

Town of Mulgrave — Municipal
Box 129
Mulgrave, N.S. B0E 2G0
Telephone: 747-2243
Contact: Harry MacFarlane

Pictou County Visiting Homemakers — Private
610 East River Road
New Glasgow, N.S. B2H 3S2
Telephone: 752-0560
Contact: Mrs. Anne Cullen

Central Region

Family & Children's Services of Kings County — C.A.S.
P.O. Box 188
Kentville, N.S. B4N 3W7
Telephone: 678-6176
Contact: Mr. Douglas Penney, Executive Director

Family & Children's Services of Lunenburg County — C.A.S.
P.O. Box 170
Bridgewater, N.S. B4V 1K0
Telephone: 543-2411
Contact: Mr. Malcolm Burrill, District Supervisor or Mrs. Beatrice Larder, Supervisor

Queens County Homemakers — C.A.S.
P.O. Box 1370
Liverpool, N.S. B0T 1K0
Telephone: 354-3422
Contact: Mr. Don Burns, Executive Director

Homemakers Services of Hants County (Municipalities of East, West Hants & Town of Windsor) — Municipal
P.O. Box 2350
Windsor, N.S. B0N 2T0
Telephone: 798-4452
Contact: Sue Frenette, Supervisor

Kings County Homemaker Services — Municipal
Kings County Social Services
P.O. Box 100
Kentville, N.S. B4N 3W3
Telephone: 678-6141
Contact: Mr. Henry Bourgeois, Director

Western Region

Family & Children's Services of Annapolis County — C.A.S.
P.O. Box 39
Annapolis Royal, N.S. B0S 1A0
Telephone: 532-2337
Contact: Mr. Don Lefurgey, District Supervisor or Mrs. Ruth Smith, Co-ordinator 665-4582

Municipality of Barrington Homemaker Service — Municipal
P.O. Box 9
Barrington, N.S. B0W 1E0
Telephone: 637-2335
Contact: Mr. Raymond Harris, District Supervisor or Gail Kenney, Supervisor

Municipalities of Town of Digby — Municipal
Digby County
District of Clare
Digby District Office
P.O. Box 399
Digby, N.S. B0V 1A0
Telephone: 245-2581
Contact: Mr. F.A. Bowes, District Supervisor

Municipalities of County of Yarmouth — Municipal
Town of Yarmouth
District of Argyle
Western Regional Office
Department of Social Services
P.O. Box 460
Yarmouth, N.S. B5A 4B4
Telephone: 742-7871
Contact: Mr. George Egan or Sam Cummings

Meals on Wheels

In this program, meals are delivered by teams of volunteers from various centres in the Province. These centres are listed in a "Meals on Wheels" Directory. The Directory also lists the cost of the meal, the days on which meals are available and the Co-ordinator of a specific area.

Requests to a centre for meals may be made by an agency, a relative, a friend, or in person.

The meals for this program are purchased from Homes for Special Care and/or hospitals. The programs are self-supporting in that actual food costs are covered by the fee charged the individual.

Any community group, private or public may apply to establish a "Meals on Wheels" program by completing a Meals on Wheels proposal form available from Ms. Fran Sutherland, P.O. Box 696, Halifax, Nova Scotia. A "Meals on Wheels" Directory may also be obtained at that address.

Wheels to Meals

In this program individuals are transported by volunteers or public transport to a central location, i.e. a Home for Special Care.

A nutritious meal is served providing at least one-third to one-half of the recommended daily requirement and the fee is governed by the actual cost of the meal.

Individuals volunteer their time, talent and social skills to the persons using the service.

Those desirous of the service may request it personally or be referred by a friend, relative or Agency.

Facilities wishing to establish a Wheels to Meals service are encouraged to complete a "Proposal Form for Wheels to Meals" available from Ms. Fran Sutherland, P.O. Box 696, Halifax, Nova Scotia. Advice and an evaluation of the situation as well as a copy of the Directory is available at the same address.

Health Services — Provincial

Location of M.S.I.

Nova Scotia's Health Insurance Plans are designed to provide all eligible residents with a broad range of coverage for medically required hospital, medical, dental, optometric and pharmaceutical services.

The cost of providing these services to Nova Scotians is met from the general revenues of the Province. There are no premiums.

Requests for further information about Nova Scotia Health Services Insurance should be directed to one of the Maritime Medical Care Incorporated offices or directly to the Health Services and Insurance Commission, Nova Scotia Department of Health. The addresses are as follows:

Medical Services Insurance
5675 Spring Garden Road
P.O. Box 500
Halifax, Nova Scotia
B3J 2S1
Telephone: 429-9700

M.S.I. Branch Offices are located at:

30 George Street
New Glasgow, N.S.
B2H 2P4

Telephone:
752-5233

Bank of Nova Scotia Building
Corner of Charlotte & Pit Streets
P.O. Box 72
Sydney, Nova Scotia
B1P 6G9
Telephone: 564-6398

Persons living outside a Branch Office area within Nova Scotia may use the Toll Free number 1-429-8880.

For further hospital information, contact:

Health Services and Insurance Commission
Joseph Howe Building
Corner of Prince and Hollis Streets
P.O. Box 488
Halifax, Nova Scotia
Telephone: 424-7733

M.S.I. Pharmacare

The Pharmacare plan is available to all residents of Nova Scotia who have been registered under the M.S.I. program and are 65 years of age and over.

Those wishing to apply and not registered for M.S.I. should complete a Registration for Health Services form which may be obtained by contacting any M.S.I. office.

Pharmacare covers those preparations which are normally prescribed by a doctor or dentist in the course of treatment and dispensed by a pharmacist.

All persons eligible for Pharmacare are provided with a personalized plastic "Pharmacard" which should be presented to the pharmacy along with the prescription.

If the pharmacy has agreed to be a participating pharmacy under the plan, a claim form will be completed listing the medication(s) and cost.

If the pharmacy is not a participating one, the client will be advised immediately by the pharmacy on presentation of the Pharmacard. The client will be required to pay for any prescriptions dispensed. The non-participating pharmacy will give the client a "Pay Patient" claim form properly completed and this completed form should be sent to M.S.I. M.S.I. will pay the client directly up to the allowance that would be paid a participating pharmacy for dispensing the same prescription.

Provision has been made to ensure drugs are provided by a physician where there is no

pharmacy within 15 miles of the physician's office.

Nova Scotia's Health Insurance Plans cover only people residing in the province. Individuals travelling within Canada or abroad are advised to obtain additional health care insurance coverage. The application forms for such coverage are available from most travel agencies.

Provision has also been made for Nursing Homes, Extended Care Facilities and similar institutions to be granted "authorized provider" status by M.S.I. for the dispensing of insured prescription services.

Community Health Nursing

Community Health Nurses provide health promotion, health education and nursing care to the elderly of the province of Nova Scotia as part of the general community health nursing services offered by the Department of Health.

Home visits are made to the elderly primarily to assist them to remain in their homes and to promote their health and mobility. The Community Health Nurses assess the clients' health status, determine if they are under medical supervision and following the doctor's orders, provide medication counselling as necessary and care.

The nursing staff provide nursing care in the home and carry out treatments ordered by the physician if required.

The Community Health Nurse does nutrition counselling with the elderly and helps them to adjust the preparation and storage of food from family to single portions.

There are several agencies in many of the communities in the province that offer services to the elderly. The nurse is able to refer (and also act as client service advocate) the client to the appropriate agencies for particular needs.

In some areas of the province well elderly clinics are held. At these clinics the Community Health Nurse assesses each elderly person who attends, and provides the appropriate counselling. If necessary, the nurse refers the person to the agency that is best able to help in solving the person's problem.

The nurse may plan to have other health professionals attend the well elderly clinics, such as the Community Health Nutritionist or Dental Hygienist to assist with special problems. Also health educational materials are provided at these clinics. If time permits films and slides on a health topic are shown.

Most of the senior citizens housing units are visited by the Community Health Nurse. The same services are offered to the residents that are provided during home visits.

The Community Health Nurses may be contacted directly by the client, the family, the physician, staff of any agency or even a neighbour on the client's behalf. Many of the elderly clients on the nurse's caseload are found when visits are made to homes in the community for other reasons.

The services provided by the community health nursing staff are free of charge to the clients regardless of age. Therefore, the elderly receive service at no direct cost.

Further information regarding Community Health Nursing can be obtained by contacting one of the Health Units in the province.

Atlantic Health Unit
1600 Bedford Highway
Bedford, Nova Scotia
B4A 1E8
Telephone: 835-7181

Cape Breton Health Unit
Provincial Building
Sydney, Nova Scotia
B1P 5L1
Telephone: 564-4447

Fundy Health Unit
100 King Street
Windsor, Nova Scotia
B0N 2T0
Telephone: 798-2264

Lunenburg-Queens Health Unit
Provincial Building
99 High Street
Bridgewater, Nova Scotia
B4V 1V8
Telephone: 543-4685

Cobequid Health Unit
P.O. Box 40
Truro, Nova Scotia
B2N 5B6
Telephone: 895-5321

Northumberland Health Unit
P.O. Box 310
Pictou, Nova Scotia
B0K 1H0
Telephone: 485-4388

Western Health Unit
P.O. Box 338
Yarmouth, Nova Scotia
B5A 4B3
Telephone: 742-7141

Mental Health Services

Outpatient mental health services are provided in most of the larger hospitals in the Province. Frequently, outpatient departments require a referral from the family doctor.

In addition, more specialized services in the form of Partial Hospitalization Programmes and Psychogeriatric Services for inpatients are available on referral.

For further information please contact:

Camp Hill Hospital
Psychiatric Services
1763 Robie Street
Halifax, Nova Scotia B3H 3G2
Telephone: 423-1371

Nova Scotia Hospital
P.O. Box
Dartmouth, Nova Scotia B2Y 3Z9
Telephone: 469-7500

Victoria General Hospital
Inpatient Psych Unit
1278 Tower Road
Halifax, Nova Scotia B3H 2Y9
Telephone: 428-2110

Halifax Infirmary
Inpatient Psych Unit
1335 Queen Street
Halifax, Nova Scotia B3J 2H6
Telephone: 428-2847

Aberdeen Hospital
Department of Psychiatric &
Mental Health Services
559 East River Road B2H 3R8
Telephone: 755-1137

Cape Breton Hospital
P.O. Box 515
Sydney, Nova Scotia B1P 6H4
Telephone: 539-3370

Colchester Hospital
Department of Psychiatric
Mental Health Services
Willow Street
Truro, Nova Scotia B2N 5A1
Telephone: 895-5323

Dawson Memorial Hospital
Mental Health Centre
150 Dufferin Street
Bridgewater, N.S. B4V 2H1
Telephone: 543-7191

Hants Community Hospital
Psych Mental Health Services
Box 520, Windsor
Nova Scotia B0N 2T0
Telephone: 798-8351

Highland View Regional Hospital
Cumberland Psych Mental Health Services
88 Charles Street
Amherst, Nova Scotia B4N 1N6
Telephone: 667-3879

St. Martha's Hospital
Division of Psychiatric Services
Box 1417
Antigonish, Nova Scotia B2G 2L7
Telephone: 863-4511

Valley Health Services Association
186 Park Street
Kentville, Nova Scotia B4N 1M7
Telephone: 678-7381

Yarmouth Regional Hospital
Psychiatric Mental Health Services
Yarmouth, Nova Scotia B5A 2P5
Telephone: 742-3541

Hearing Problems

Hearing loss is usually gradual, and a person may be unaware of such loss. Because of the stigma attached to hearing impairments, others may not want to admit they have a problem. This may affect their quality of life if they take lesser jobs to cover up the problem, or if they retire early.

A number of persons are available to assist in diagnosis and treatment, including public health nurses, family doctors, audiologists and ear/nose/throat specialists. The Department of Health offers hearing clinics throughout the Province on request or through Well Elderly Clinics, as well as providing information concerning hearing aids. The Department of Health offices are listed on page 24 and further information may be obtained there.

Nova Scotia Commission on Drug Dependency

The Nova Scotia Commission on Drug Dependency was established in 1972. Its mandate includes:

1. the delivery of comprehensive decentralized treatment and rehabilitation services for drug dependent people

2. prevention, education and community outreach programming in drug dependency

3. assistance to industry in setting up Employee Assistance Programs

4. evaluation and research activities

The Commission operates a network of treatment programs across the province. These include detoxification services, outpatient services, 28 day inpatient programs and long term sheltered workshop services. There is no fee charged for any of the services offered by the Nova Scotia Commission on Drug Dependency. Participation in any of the Commission's programs is of a voluntary nature. The Commission operates a Library in its Central Office and pamphlets and brochures on drug dependency are available upon request. One of particular interest for seniors is "Your Medicine And How To Use It Safely — A Guide for Senior Citizens".

For further information, please contact:

Central Office
Nova Scotia Commission on Drug Dependency
Suite 314, Lord Nelson Bldg.
5675 Spring Garden Road
Halifax, Nova Scotia B3J 1H1
Telephone: 424-4270

Regional Offices
Cape Breton Addiction Rehabilitation Centre
115 Alexandra Street
Sydney, Nova Scotia B1P 6H2
Telephone: 539-7800

Metro/Lunenburg Drug Dependency Program
P.O. Box 896, Pleasant Street
Dartmouth, Nova Scotia B2Y 3Z6
Telephone: 424-5623

North Shore Drug Dependency Program
P.O. Box 359, Denoon Street
Pictou, Nova Scotia B0K 1H0
Telephone: 485-4335

Western Regional Drug Dependency Program
50 Vancouver Street
Yarmouth, Nova Scotia B5A 2P5
Telephone: 742-2406

Valley Health Services Association
Alcoholism Program
Miller Hospital
Kentville, Nova Scotia B4N 1C4
Telephone: 678-3251

Nova Scotia
Department of Housing

The Nova Scotia Department of Housing provides the following programs which seniors may find helpful.

Small Loans Assistance Program

The Nova Scotia Department of Housing is solely responsible for a small loans assistance program which provides low interest loans for repairs, alterations or additions to single family homes and for completion or partial completion of a single family home. Assistance may also be provided to home-owner/occupants of larger single family homes to convert a larger portion of the home into self-contained apartment units. The eligibility requirements for the client are:

a) The client must own and reside in the dwelling for which the application is made.

b) The client must have an adjusted family income of less than $17,000 per annum. (Gross family income less $1,000 for a working spouse and $500 for each dependent child.)

c) Applicants must have a good credit rating.

d) Total housing indebtedness must not exceed 27% of the gross family income. (Principal, interest and taxes for housing related loans.)

The dwelling must be:

a) The principal residence of the applicant, and

b) a single family unit. It may be detached, semi-detached, a mobile home or unit of row housing.

The total outstanding charges must not exceed 75 per cent of the property's appraised value.

Senior Citizens' Public Housing

The Nova Scotia Department of Housing with the cooperation of Canada Mortgage and Housing Corporation and that of relevant local housing authorities and other non-profit housing groups work together to provide affordable, comfortable living accommodations for senior citizens. The apartment units are generally self-contained bachelor or one-bedroom suites. Some units are designed for handicapped seniors.

The administration and management of these units rests with the local housing authority of which there are forty-five in Nova Scotia. The admission process is the responsibility of the local housing authority.

An applicant, in order to be eligible for admission must be 58 years of age or older and must be physically and mentally capable of self-care in an apartment. There is a twelve month residence requirement during the three years immediately prior to the application. There is no income ceiling, but priority is given to applicants in the lower income group.

The rent of course is subsidized by both the federal and provincial governments with the result that the tenant pays 16.7% to 25% of gross income in rental. The capital costs are shared 75% by CMHC and 25% by the Nova Scotia Department of Housing. Operating losses are shared on the same formula, with the provincial

share being divided between the province and the relevant municipality.

Some 6,312 units of senior citizens' housing have been constructed and are available in the province through the local Department of Housing.

Non-Profit Housing

The Nova Scotia Department of Housing, Canada Mortgage and Housing Corporation, public and non-profit housing groups and relevant municipalities work together to provide non-profit housing.

The purpose is to provide housing to low and moderate income groups, and to those persons requiring special care due to physical or mental infirmities.

The eligibility requirements are:

a) Public non-profit groups organized to represent and made up of Provincial or Municipal representatives (members of municipal councils, etc.). Public non-profit groups work through the Nova Scotia Department of Housing.

b) Private non-profit groups comprised of members drawn from church organizations, legion branches, etc., which deal directly with Canada Mortgage and Housing Corporation.

Canada Mortgage and Housing Corporation insures a loan to the non-profit housing group through a private lender. Canada Mortgage and Housing Corporation provides a subsidy, if required, in the form of a write-down on the interest rate on the loan from the current rate to 2%. Should the write-down not provide sufficient assistance in public non-profit projects, the Province of Nova Scotia will share in the operating loss, dollar for dollar, with the municipality until the provincial share reaches a maximum of 12.5% of the operating deficit or 25% of the Federal contribution, whichever is less. Any further deficit must be handled by the municipality.

Rents paid by tenants are similar to those paid under other Provincial Public Housing Programs.

The public non-profit group, after having been incorporated, advises the Nova Scotia Department of Housing of the project it wishes to undertake. Such projects may be new construction or the acquisition and conversion of existing units. The group also indicates the "all in" costs of the project, the estimated revenue from rentals and the cost of operation.

Private non-profit groups deal directly with Canada Mortgage and Housing Corporation.

Senior Citizens' Assistance Program

The Nova Scotia Department of Housing provides this program, the purpose of which is to assist seniors wishing to remain in their own homes but who cannot afford to carry out the necessary repairs.

The eligibility requirements for the client are:

a) either spouse must be 65 years of age or over,

b) must have a combined annual income of $13,000 or less,

c) must own, be part owner or have a life interest and must reside in the dwelling for which the application was made, and

d) must not have received previous assistance.

The eligibility requirements for the dwelling are:

a) must be principal residence of applicant,

b) must be single family unit, and may be detached, semi-detached or one unit of row housing.

The form of assistance is forgiveable loans of up to $3,000. The loans are secured by a Loan Agreement. Loans are forgiven at the rate of $83.34 per month as long as the recipient continues to own and occupy the premises. If title is transferred, the unforgiven balance becomes due and payable.

Provincial Housing Emergency Repair Program

The Nova Scotia Department of Housing is solely responsible for this program, the purpose of which is to provide assistance to those persons

on low incomes who cannot afford to carry out the emergency repairs required to ensure the preservation of their home as a habitable unit.

The eligibility requirements for the client are:

a) priority will be given to those having a combined income of less than $6,000 per annum,

b) the client must own, be part owner or have a life interest in the dwelling for which the application is made and must occupy the dwelling,

c) only housing having severe health and safety hazards will be considered for this program.

The eligibility requirements for the dwelling are:

a) the dwelling must be the principal residence of the applicant, and

b) it must be a single family unit and may be detached, semi-detached, a mobile home or one unit of row housing.

A one time grant of up to $2,500 is made for labour and materials.

Access-A-Home

The Nova Scotia Department of Housing uses the Access-a-Home program to assist persons or family members whose mobility is limited to wheelchairs.

To be eligible, the applicant or a member of the applicant's family must be limited to a wheelchair by reason of a long term disability and must own or be a part owner or have a life interest in and reside in the dwelling for which application is made. The dwelling must be the principal residence of the applicant and the person must be limited to a wheelchair. It must be a single family unit and may be detached or semi-detached or one unit of row housing used as a home.

The work which may be done must relate to those architectural barriers which restrict the use of a wheelchair and the result of the work must be of a permanent nature.

Applications for all of these programs and services are made to the Regional office serving the Nova Scotia Department of Housing. There are four Regional offices in all, located in Sydney, New Glasgow, Bedford and Lawrencetown, as follows:

Region 1
Cape Breton
Regional Office
Provincial Bldg.
Prince Street
P.O. Box 1267
Sydney, N.S. B1P 6J9
Telephone: 539-6450

Region 2
Central Regional
Office
Maritime Building
Provost Street
New Glasgow, N.S.
B2H 5E5
Telephone: 755-5065

Region 3
Metro Regional
Office
Bedford Towers
P.O. Box 280
Bedford, N.S.
B4A 2X2
Telephone: 835-9995

Region 4
Western Regional
Office
P.O. Box 1000
Middleton
Annapolis Co., N.S.
B0S 1P0
Telephone: 825-3481

Senior Citizens' Housing Units

	Housing Authorities & Managers	Location	# Of Units
1.	County of Annapolis Mr. J.A. Barteaux R.R. #3 Lawrencetown B0S 1M0 Telephone: 584-3049	Lawrencetown	55
2.	Town of Annapolis Royal Mr. William Smith 700 St. George Street Annapolis Royal B0S 1A0 Telephone: 532-2103	Annapolis Royal	29
3.	Town of Antigonish Mr. Daniel McVicar P.O. Box 1373 Antigonish B2G 2L7 Telephone: 863-2703	Antigonish	94
4.	County of Antigonish Mr. Gerald D. Cunningham P.O. Box 1643 Antigonish B2G 2L8 Telephone: 863-1369	Havre Boucher Greenwold	10 40
5.	Municipality of Argyle Mr. Albert Godin P.O. Box 450 Eel Brook, Yarmouth Co. B0S 1M0 Telephone: 648-2335	Wedgeport Tusket Lr. West Pubnico	15 15 15
6.	Municipality of Barrington Mrs. Sylvia Knowles General Delivery Barrington Passage B0W 1G0 Telephone: 637-2857	Barrington Passage	40
7.	Town of Berwick Mr. Gordon Graham 137 Cottage Street Berwick B0P 1E0 Telephone: 538-9348	Berwick	25
8.	Town of Bridgetown Mr. Jack MacNeil 48 Granville Street, E. Bridgetown B0S 1C0 Telephone: 665-4790	Bridgetown	39

	Housing Authorities & Managers	Location	# Of Units
9.	Town of Canso Mrs. June Jarvis P.O. Box 58 Canso B0H 1H0 Telephone: 366-2334	Canso	25
10.	Cape Breton Regional Mr. Gerald Delaney P.O. Box 1372 Sydney B1P 6K3 Telephone: 539-8520	Sydney Metro Area	1334
11.	County of Colchester Mrs. Ruth Weatherby 144 Pictou Road Truro B2N 5E8 Telephone: 895-6603	Tatamagouche Bass River Brookfield Great Village Bible Hill	50 10 15 20 60
12.	Municipality of Clare Mr. Walter LeBlanc P.O. Box 437 Little Brook B0W 1Z0 Telephone: 769-2498	Church Point Meteghan Saulnierville	20 15 15
13.	Town of Clark's Harbour Mrs. Brenda Baker Clark's Harbour B0W 1P0 Telephone: 745-2783	Clark's Harbour	10
14.	Cumberland Regional Mr. Don Chitty P.O. Box 753 Amherst B4H 4B9 Telephone: 667-8757	Amherst Oxford Joggins River Hebert Collingwood Pugwash Wallace Parrsboro Upper Nappan	160 35 15 30 15 20 10 40 15
15.	Dartmouth Mr. Victor Rossley P.O. Box 298 87 Portland Street Dartmouth B2Y 4B7 Telephone: 463-9550	Dartmouth	373
16.	Town of Digby Mr. Ray MacCleave P.O. Box 17 Digby B0V 1A0 Telephone: 245-2559	Digby	86

	Housing Authorities & Managers	Location	# Of Units
17.	Digby County	Weymouth	15
		Bear River	15
	Mr. Frederick Manzer	Freeport	15
	RR #3		
	Ashmore B0V 1A0		
	Telephone: 837-4467		
18.	Guysborough	Guysborough	20
		Isaac's Harbour	20
	Ms. Karen Roberts		
	Guysborough B0H 1N0		
	Telephone: 533-3520		
	&		
	Mr. Louis Bezanson		
	Isaac's Harbour B0H 1S0		
	Telephone: 387-2744		
19.	Halifax	Halifax	1136
	Mr. Ray Cummings		
	Richmond Place		
	3250 Barrington Street		
	Halifax, N.S. B3K 2X7		
	Telephone: 454-8361		
20.	Halifax County	East Preston	15
		Sheet Harbour	30
	Mr. Ron Jennex	Eastern Passage	35
	Oyster Pond	Middle Musquodoboit	15
	Jeddore	Musquodoboit Harbour	20
	Halifax County B0J 1W0	Porters Lake	26
	Telephone: 889-3420	Forest Hills	30
21.	Halifax County West	Sackville	60
		Hubbards	10
	Mr. Arthur Ward	Bedford	26
	P.O. Box 549	Waverley	15
	Bedford B4A 2Y2		
	Telephone: 835-3904		
22.	Hants County East	Shubenacadie	20
		Enfield	15
	Mr. Robert Telder	Maitland	15
	RR #1, Elmsdale		
	Hants County B0N 1M0		
	Telephone: 883-2138		
23.	Hants County West	West Hants	40
		Mount Uniacke	15
	Mr. Lyle Pico		
	P.O. Box 645		
	Windsor B0N 2T0		
	Telephone: 798-4786		
24.	Town of Hantsport	Hantsport	15
	Mrs.Louise Tracey		
	P.O. Box 393		
	Hantsport B0P 1P0		
	Telephone: 684-9474		

	Housing Authorities & Managers	Location	# Of Units
25.	County of Inverness Mr. Angus MacKay P.O. Box 286 Inverness B0W 1N0 Telephone: 258-2955	Inverness Cheticamp Port Hood Judique Mabou East Margaree Orangedale St. Joseph du Moine	80 30 21 10 10 15 15 15
26.	Town of Kentville Mr. James Arklie 55 Oakdene Ave. Kentville B2N 2B6 Telephone: 678-6652	Kentville	60
27.	County of Kings Mr. Ray Leslie 1017 Jones Road New Minas B4N 3N2 Telephone: 678-3179	South Berwick New Minas Kingston Waterville Aylesford Port Williams Canning	40 77 25 15 15 15 15
28.	Lunenburg County Mr. William Bruce Box 321 Lunenburg B0J 2C0 Telephone: 634-8614	Bridgewater Lunenburg Mahone Bay New Germany Riverport Western Shore	74 30 25 15 15 15
29.	Town of Middleton Mr. Gordon Rogers P.O. Box 1116 Middleton B0S 1P0 Telephone: 825-3415	Middleton	40
30.	Town of Mulgrave Mrs. Mary Hemmings Mulgrave B0E 2G0 Telephone: 747-2572	Mulgrave	10
31.	Town of Pictou Mr. Donald R. MacPherson P.O. Box 849 Pictou B0K 1H0 Telephone: 485-6536 485-6956	Pictou	80

	Housing Authorities & Managers	Location	# Of Units
32.	Pictou Regional	Riverton	30
		New Glasgow	130
	Mr. Jack MacPherson	Westville	50
	104 Provost Street	Trenton	40
	New Glasgow B2H 2P4	Stellarton	55
	Telephone: 752-8778	Thorburn	15
		Scotsburn	15
		River John	15
		Lyons Brook	10
		Merigomish	10
		Hopewell	10
		Pictou Landing	10
		Little Harbour	15
33.	Town of Port Hawkesbury	Port Hawkesbury	33
	Mr. Allan Rankin		
	417 Granville Street		
	Port Hawkesbury B0E 2V0		
	Telephone: 625-2706		
34.	Queens Regional	Liverpool	27
		Caledonia	15
	Mr. Lewis Bain	Milton	15
	20 Boehner Street		
	Liverpool B0T 1K0		
	Telephone: 354-5900		
35.	County of Richmond	St. Peters	26
		Arichat	10
	Mr. Rudolph Boudreau	Louisdale	10
	P.O. Box 232	Petit de Grat	15
	Petit de Grat B0E 2L0	D'Escousse	10
	Telephone: 226-2252	L'Ardoise	10
36.	Shelburne Regional	Shelburne	30
		Lockeport	10
	Mr. Earl Darrow		
	P.O. Box 646		
	Shelburne B0T 1W0		
	Telephone: 875-3413		
37.	Town of Springhill	Springhill	101
	Mr. Roy Teed		
	91 Church Street		
	Springhill B0M 1X0		
	Telephone: 597-3689		
38.	Town of Stewiacke	Stewiacke	30
	Mrs. Ruth Weatherby		
	P.O. Box 249		
	Stewiacke B0N 2J0		
	Telephone: 895-6603		
39.	Municipality of St. Mary's	Sherbrooke	20
	Mr. Donald Archibald		
	Sherbrooke B0J 3C0		
	Telephone: 522-2617		

	Housing Authorities & Managers	Location	# Of Units
40.	Town of Truro Mrs. Nancy Phillips P.O. Box 1023 Truro B2N 5G7 Telephone: 895-7240	Truro	99
41.	County of Victoria Mrs. Irene Nicholson P.O. Box 518 Baddeck B0E 1B0 Telephone: 295-2515	Baddeck Iona Ingonish	15 15 10
42.	Town of Windsor Mr. Dale Cochrane P.O. Box 758 Windsor B0N 2T0 Telephone: 798-2287	Windsor	35
43.	Town of Wolfville Mr. Gerald Porter P.O. Box 585 Wolfville B0P 1X0 Telephone: 542-5751	Wolfville	55
44.	Town of Yarmouth Mr. Wallace Strickland 398 Main Street Yarmouth B5A 1G2 Telephone: 742-4369	Yarmouth	151
45.	County of Yarmouth Mrs. Jean Hersey P.O. Box 606 Port Maitland B0W 2V0 Telephone: 649-2365	Hebron Port Maitland	15 15

Learning Opportunities — General

Universities

Seniors may attend universities in Nova Scotia on a tuition-free basis. All that is required is proof of age. In order to make arrangements contact the registrar's office at the nearest university or college in the area.

Mount Saint Vincent University

Mount Saint Vincent University offers a certificate in Gerontology. This program is intended for professionals with at least one year of university study who are currently working in the field of aging and who wish to become more effective in their work by broadening their understanding of aging. Those professionals who do not have at least one year of university study may be accepted into the certificate program if they can demonstrate that they have an experience and/or training equivalent to such study. Undergraduate students who are interested in gerontology may enroll in the courses, providing they meet all requirements for those courses. However, such students will not be permitted to enroll in the Certificate in Gerontology program unless this program is an adjunct to a degree program.

Continuing Education

The Nova Scotia Department of Education, through the services of its Continuing Education Program, has taken an active role in working with seniors. Continuing Education recognizes the important function played by seniors in the structure of both the family unit and the community. Special provision for seniors' groups has been made in a number of existing programs.

The Department:

1. has designated a staff member of the Continuing Education Program to be responsible for developing and coordinating programs for seniors
2. supports a wide range of classes for adults through local school boards. These classes are open to the general public, but classes specifically designed for seniors may be arranged by contacting the local school board
3. assists in organizing seniors' clubs, associations, and councils
4. provides continuing education facilities and resource materials
5. sponsors and assists in organization of leadership seminars
6. develops and presents pre-retirement and retirement seminars
7. provides consultative services and funds for projects designed to improve the quality of life of seniors throughout the province
8. provides advice, counselling and consultation through the six Regional offices of the Department of Education.

Further information may be obtained by contacting the Regional Office in your area.

Sydney	564-8385	Halifax	424-4228
Antigonish	863-3617	Lawrencetown	584-3050
Truro	895-9246	Yarmouth	742-3244

National Film Board

The National Film Board has a large collection of films that may be borrowed free of charge. Videos are also available for rental. For further information call 426-6000 or 426-6001 or write:

National Film Board
1572 Barrington Street
Halifax, Nova Scotia
B3J 1Z6

Elderhostel

Elderhostel is an educational programme for seniors on the move — not just in terms of travel but in terms of reaching out to new experiences. It's based on the belief that age and retirement do not have to mean withdrawal — that one's senior years are an opportunity to enjoy new challenges.

Most programmes begin Sunday evening and end the following Saturday morning, and are limited to about 50 participants. During this period Elderhostelers are offered three short and stimulating courses and a variety of extra-curricular activities. Participants live in university residences, experience a taste of contemporary life, and meet a group of fellow hostelers from a variety of backgrounds. Educational background is not important — only an interest in new experiences is required.

Elderhostel is open to anyone 60 years of age and older and their spouse or companion. The all-inclusive weekly charge is approximately $200. For further information contact:

David Etheridge
Executive Director
Elderhostel Canada
P.O. Box 4400
Fredericton, New Brunswick
E3B 5A3

Recreation Services — General

Local recreation programs are available throughout Nova Scotia from municipalities, community groups and organizations and are offered through assistance from the Provincial Department of Culture, Recreation and Fitness.

Programs for seniors include recreational and cultural activities and fitness and exercise classes.

The Department of Culture, Recreation and Fitness makes information on local programs, activities, interest groups and workshops available to seniors and therefore encourages our senior community to become more involved in all facets of recreation.

Department of Culture, Recreation and Fitness — Regional Offices

As a catalyst in motivating individuals and organizations, as well as other government departments and agencies to expand recreational opportunities for seniors, the Department of Culture, Recreation and Fitness has established six regional offices in strategic locations throughout Nova Scotia. A Regional Representative has been appointed to supervise each office and assists with the development of cultural, recreation, sport and fitness activities in the area.

These Regional Representatives advise interested individuals, groups, associations and municipal units on how to utilize the funding offered them for recreational programs with the ultimate aim of giving all Nova Scotians equal opportunities for recreational involvement.

Outdoor recreation, sport, facility development and community recreation are a few of the many services offered by the department to the municipalities and local groups fulfilling the current recreational needs of seniors.

As one of its many responsibilities, the Department of Culture, Recreation and Fitness, through its regional offices, assists community organizations in making improvements to existing buildings for use as community centres through the Little Red Schoolhouse Program and the Regional Fitness Development Program (RFD).

The improved facility should have the capability of providing an opportunity for public usage therefore assisting a variety of activities relating to recreation, sport and culture.

The Regional Fitness Development Program financially assists interested individuals or community organizations to develop fitness programs, to host fitness conferences and/or workshops and to provide financial aid to encourage and promote attendance at fitness conferences and seminars given by fitness leaders.

Application for this assistance is open to any seniors group or individual wishing to initiate one of these programs.

In the cultural area, the department initiated the Senior Citizens Drama Club as one of its pilot projects, and is willing to assist in the development of theatre companies and workshop programs for seniors in all performing arts areas.

Community service groups and municipal authorities may apply on behalf of seniors organizations; providing one of their main objectives is the provision of social, recreational and cultural services for seniors.

For more detailed information about programs and services offered through the Department of Culture, Recreation and Fitness or for general information concerning recre-

ation, contact the Regional Representative in your area:

Nelson Ellsworth
Regional Representative - Central
(Halifax, Dartmouth, Halifax County)
45 Alderney Drive, Suite 813
Dartmouth, N.S. B2Y 2N6
Phone: 424-7622

Duff Montgomerie
Regional Representative - Fundy
(Counties of Cumberland, Colchester, Municipality of Hants East)
515 Prince St., Truro, N.S. B2N 1E8
Phone: 893-1736

William Spurr
Regional Representative - Valley
(Municipalities of Hants West, Clare, Counties of Annapolis, Kings and Digby)
P.O. Box 2140, Windsor, N.S. B0N 2T0
Phone: 798-4616

John MacLean
Regional Representative - South Shore
(Counties of Yarmouth, Shelburne, Queens and Lunenburg)
P.O. Box 470, Bridgewater, N.S. B4V 2X6
Phone: 543-5000

Gary Boone
Regional Representative - Highland
(Counties of Pictou, Guysborough, Antigonish)
274 Main St., Antigonish, N.S. B2G 2C4
Phone: 863-1736

Frank MacNamara
Regional Representative - Cape Breton
(Cape Breton Island)
Provincial Bldg., Prince Street
Sydney, N.S. B1P 5L1
Phone 562-2224

Municipal Recreation Directory

With a few exceptions, the municipal units have Recreation Commissions with a chairperson and one or more staff. The names of the staff director/coordinator serving these commissions follow.

Municipal Recreation Districts

Municipality of the County of Cape Breton
Mr. Bill Murphy
Director/Coordinator
County Court House
70 Crescent Street
Sydney, Nova Scotia B1S 2Z7
Tel:564-5541/539-7554

Town of Dominion
Mr. Hugh MacDonald
Director/Coordinator
128 Commercial Street
Dominion, Nova Scotia B0A 1E0
Tel: 849-6556

Town of Glace Bay
Mr. Fred Brooks
Director/Coordinator
Town Hall, McKeen Street
Glace Bay, Nova Scotia B1A 5B9
Tel: 849-5541 Ext. 30

Municipality of the County of Inverness
Mr. John Cotton
Director/Coordinator
Municipal Building
Port Hood, Nova Scotia B0E 2W0
Tel: 787-2356/787-2274

Town of Louisbourg
Mrs. Ivy Warren
Director/Coordinator
P.O. Box 8
Louisbourg, Nova Scotia B0A 1M0
Tel: 733-3383/733-2010

Town of New Waterford
Mr. Gary R. McDonald
Director/Coordinator
3371 Plummer Avenue
Urban Agency Centre
New Waterford, Nova Scotia B1H 1Y8
Tel: 862-8324/862-6401

Town of North Sydney
Mr. Bob Mullins
Director/Coordinator
Town Hall, Commercial Street
Post Office Box 83
North Sydney, Nova Scotia B2A 3M1
Tel: 794-7213 Ext. 35

Town of Port Hawkesbury
Mr. Jim Pyke
Director/Coordinator
P.O. Box 10
Port Hawkesbury, Nova Scotia B0E 2V0
Tel: 625-2591

Municipality of the County of Richmond
Mr. Clifford Boudreau
Director/Coordinator
P.O. Box 120
Arichat, Nova Scotia B0E 1A0
Tel: 226-2400

City of Sydney
Mr. John H. Fraser
Director/Coordinator
P.O. Box 730
Sydney, Nova Scotia B1P 6H7
Tel: 539-0940 Ext. 140

Town of Sydney Mines
Mr. Mel Brown
Director/Coordinator
Leisure Services
38 Pitt Street
Sydney Mines, Nova Scotia B1V 1S2
Tel: 736-3646

Municipality of Victoria County
Mr. Tom Wilson
Director/Coordinator
P.O. Box 370
Baddeck, Nova Scotia B0E 1B0
Tel: 295-3231

Town of Antigonish and Municipality of the County of Antigonish
Mr. Raff Henderson
Director/Coordinator
274 Main Street
Antigonish, Nova Scotia B2G 2C4
Tel: 863-3686

Municipality of Guysborough
Mr. Philip M. Hochman
Director/Coordinator
P.O. Box 3
Guysborough, Nova Scotia B0H 1N0
Tel: 533-3508

Town of Mulgrave
Mr. Frank Bruleigh
Director/Coordinator
P.O. Box 129
Mulgrave, Nova Scotia B0E 2G0
Tel: 747-2243/747-2266

Town of New Glasgow
Mr. Bud Brown
Director/Coordinator
P.O. Box 7
New Glasgow, Nova Scotia B2H 5E1
Tel: 752-8209

Town of Pictou
Director/Coordinator
P.O. Box 479
Pictou, Nova Scotia B0K 1H0
Tel: 485-6057

Municipality of Pictou County
Mr. Scott Craig Bullerwell
Director/Coordinator
Municipal Office
P.O. Box 910
Pictou, Nova Scotia B2H 5H7
Tel: 485-8528

Municipality of St. Mary's
Mr. Fred McGinn
P.O. Box 276
Sherbrooke, Nova Scotia B0J 3C0
Tel: 522-2049/522-2496

Town of Trenton
Mr. Bill Lobban
Director/Coordinator
P.O. Box 201
Civic Building
Trenton, Nova Scotia B0K 1X0
Tel: 752-1019

Town of Amherst
Mr. Red Faulkner
Director/Coordinator
P.O. Box 331
Amherst Stadium
Amherst, Nova Scotia B4H 3Z5
Tel: 667-9557

Municipality of Colchester
Mrs. Sandy Creighton
Director/Coordinator
P.O. Box 697
Truro, Nova Scotia B2N 5E7
Tel: 895-1501

Municipality of East Hants
Ms. Linda Atkinson
Director/Coordinator
P.O. Box 190
Shubenacadie, Nova Scotia B0N 2H0
Tel: 758-2299

Town of Parrsboro
Mrs. Leslie M. Jones
Director/Coordinator
P.O. Box 400
Parrsboro, Nova Scotia B0M 1S0
Tel: 254-2036

Town of Springhill
Mr. Ron Jefferson
Director/Coordinator
P.O. Box 150
Springhill, Nova Scotia B0M 1X0
Tel: 597-2873

Town of Truro
Mr. Doug MacKenzie
Director/Coordinator
P.O. Box 274
Truro, Nova Scotia B2N 5C1
Tel: 893-8112

City of Halifax
Mr. Howard Oehman
Director/Coordinator
P.O. Box 1749
Halifax, Nova Scotia B3J 3A5
Tel: 421-6424

City of Dartmouth
Mr. Len Atkinson
Director/Coordinator
P.O. Box 817
Dartmouth, Nova Scotia B2Y 3Z3
Tel: 421-2122

Municipality of Halifax County
Mr. John Markesino
Director/Coordinator
P.O. Box 300
Halifax, Nova Scotia B3L 4K3
Tel: 477-5641

Town of Bedford
Mr. Robert Nauss
Director/Coordinator
36 Holland Avenue
Bedford, Nova Scotia B4A 1L9
Tel: 835-9757

Town of Berwick
Mr. Michael Trinacty
Director/Coordinator
P.O. Box 130
Berwick, Nova Scotia B0P 1E0
Tel: 538-8902

Town of Digby
Ms. Kelly MacKay
Director/Coordinator
P.O. Box 429
Digby, Nova Scotia B0V 1A0
Tel: 245-4777

Town of Hantsport
Mr. Jud Porter
Director/Coordinator
P.O. Box 101
Hantsport, Nova Scotia B0P 1P0
Tel: 684-9527

Town of Kentville
Mr. Bill Boyd
Director/Coordinator
P.O. Box 218
354 Main Street
Kentville, Nova Scotia B4N 3W4
Tel: 678-4122

Town of Windsor
Mr. James Archibald
Director/Coordinator
P.O. Box 158
Windsor, Nova Scotia B0N 2T0
Tel: 798-2910/798-2275

Town of Wolfville
Mrs. Paula Clark
Director/Coordinator
P.O. Box 418
Wolfville, Nova Scotia B0P 1X0
Tel: 542-2400

Municipality of Annapolis County
Ms. Debra Ryan
Director/Coordinator
P.O. Box 100
Annapolis Royal, Nova Scotia B0S 1A0
Tel: 532-2331

Municipality of the District of Clare
Mr. Allan Comeau
Director/Coordinator
Municipal Building
Little Brook
Digby County, Nova Scotia B0W 1Z0
Tel: 769-2031

Municipality of Digby County
Ms. Kelly MacKay
Director/Coordinator
P.O. Box 429
Digby, Nova Scotia B0V 1A0
Tel: 245-4777

Municipality of the District of West Hants
Mr. Bruce MacArthur
Director/Coordinator
P.O. Box 344
Windsor, Nova Scotia B0N 2T0
Tel: 798-8391

Municipality of Kings County
Mr. Bob V. Suffron
Director/Coordinator
P.O. Box 100
Kentville, Nova Scotia B4N 3W3
Tel: 678-6141

Municipality of Argyle
Ms. Pauline Doucet
Director/Coordinator
c/o Municipal Office
P.O. Box 10, Tusket
Yarmouth County, N.S. B0W 3M0
Tel: 648-3379

Digby Joint Recreation Council
Ms. Kelly MacKay
Director/Coordinator
P.O. Box 579
Digby, Nova Scotia B0V 1A0
Tel: 245-4769

Municipality of Barrington
Miss Frances Scott
Director/Coordinator
c/o Municipal Office
Barrington, Nova Scotia B0W 1E0
Tel: 637-3254

Town of Bridgewater
Mrs. Carol Anthony
Director/Coordinator
P.O. Box 99
Bridgewater, Nova Scotia B4V 2W8
Tel: 543-2274

Municipality of Chester
Mr. Ron McCarville
Director/Coordinator
c/o Municipal Office
P.O. Box 582, Chester
Lunenburg County, Nova Scotia B0J 1J0
Tel: 275-3490

Town of Clark's Harbour
Mr. William Doyle
Director/Coordinator
c/o Town Office, Clark's Harbour
Shelburne County, Nova Scotia B0W 1P0
Tel: 745-2390

Town of Liverpool
Ms. Becky MacKinnon
Director/Coordinator
P.O. Box 550
Liverpool, Nova Scotia B0T 1K0
Tel: 354-5701

Town of Lockeport
Mr. Paul Giffin
Director/Coordinator
P.O. Box 76
Lockeport, Nova Scotia B0T 1L0
Tel: 656-3406

Town of Lunenburg
Mr. Wayne Tumblin
Director/Coordinator
P.O. Box 129
Lunenburg, Nova Scotia B0J 2C0
Tel: 634-4006

Municipality of Lunenburg
Mr. Carroll Randall
Director/Coordinator
P.O. Box 200
Bridgewater, Nova Scotia B4V 2W8
Tel: 543-1354

Town of Mahone Bay
Mr. Charles MacKinnon
Director/Coordinator
c/o Town Office
Mahone Bay, Nova Scotia B0J 2E0
Tel: 624-9859

Municipality of Queens
Ms. Carol Davis
Director/Coordinator
P.O. Box 1264
Liverpool, Nova Scotia B0T 1K0
Tel: 354-5741

Town of Shelburne
Mr. Jerry Locke
Director/Coordinator
P.O. Box 699
Shelburne, Nova Scotia B0T 1W0
Tel: 875-3873

Town of Yarmouth
Mr. W. Richard Hubbard
Director/Coordinator
c/o Court House
Yarmouth, Nova Scotia B5A 1G3
Tel: 742-8717

Municipality of Yarmouth
Mr. Wayne Gray
Director/Coordinator
P.O. Box 152
Yarmouth, Nova Scotia B5A 4B2
Tel: 742-8868

The Nova Scotia Department of Consumer Affairs

The Department of Consumer Affairs has many services that may be helpful to senior citizens.

Consumer Services Bureau

The Consumer Services Bureau provides counselling help in mediating disputes between the consumer and the seller, household budget counselling advice, and debtor assistance. The location of the offices, their addresses and telephone numbers are as follows:

5151 Terminal Road
P.O. Box 998
Halifax, N.S.
B3J 2X3
Telephone: 424-4690
Contact:
R.G. Martin

502 Maritime Building
P.O. Box 236
New Glasgow, N.S.
B2H 5E3
Telephone: 752-0975
Contact:
Daniel MacKay

120 Exhibition Street
Provincial Building
Kentville, N.S.
B4N 4K9
Telephone: 678-8500
Contact: Mike Bacon

Provincial Building
Prince Street
Sydney, N.S.
B1P 5L1
Telephone: 539-8230
Contact:
George A. Peters

Provincial Building
Starr's Road
Yarmouth, N.S.
B5A 2T1
Telephone: 742-7985
Contact
Michael Morris

Provincial Building
MacSween Street
P.O. Box 624
Port Hawkesbury, N.S.
B0E 2V0
Telephone: 625-2691
Contact: Calvin Jones

Anyone having a tenancy problem, whether landlord or tenant, may file a complaint with the Residential Tenancies Board in the region for mediation. The addresses and telephone numbers throughout Nova Scotia are as follows:

5151 Terminal Road
P.O. Box 998
Halifax, N.S.
B3J 2X3
Telephone: 424-4690

Provincial Building
P.O. Box 502
Sydney, N.S.
B1P 6H4
Telephone: 562-4933
Contact: James LeBlanc

58 Willow Street
Truro, N.S.
B2N 4Z6
Telephone: 895-1637
Contact:
Gordon Carroll

Provincial Building
Starr's Road
Yarmouth, N.S.
B5A 2T1
Telephone: 742-7985
Contact: Michael Morris

99 High Street
Bridgewater, N.S.
B4V 1V8
Telephone: 543-7336
Contact:
Robert Gillingham

Suite 260
2nd Floor, Queens Square
45 Alderney Drive
Dartmouth, N.S.
Telephone:424-8095
Contact: Nina Adams

Provincial Building
MacSween Street
P.O. Box 624
Port Hawkesbury
Nova Scotia B0E 2V0
Telephone: 625-2691
Contact: Calvin Jones

120 Exhibition Street
Provincial Building
Kentville, N.S.
B4N 4K9
Telephone: 678-7918
Contact: Graeme Morton

Rent Review Commission

c/o N.S. Department of
Consumer Affairs
5151 Terminal Road,
P.O. Box 820
Halifax, Nova Scotia
B3J 2V2 424-4690

The majority of the provinces in Canada have some form of regulatory control over the amounts charged for various forms of living accommodation. In Nova Scotia, such activities are administered by the Rent Review Commission which is empowered to review all rent increases in excess of a percentage increase per annum set by the Governor-in-Council.

Community, Legal and Counselling Services

The Ombudsman

The Ombudsman is empowered by the Legislative Assembly of the Province of Nova Scotia to hear and, where necessary, investigate personal complaints or grievances against the provincial and municipal jurisdictions. Wherever possible, the Ombudsman will use his investigatory powers to correct your grievances.

If you feel that the provincial or municipal governments within the Province of Nova Scotia have treated you unjustly, you may appeal to the Ombudsman. Frequently he can act as intermediary to cut through "red tape" and either right the wrong or offer advice on how to settle the grievance. Contact:

Mr. William Campbell
Ombudsman
Province of Nova Scotia
P.O. Box 2152
Halifax, Nova Scotia B3J 3B7
Telephone: 424-6780

Nova Scotia Legal Aid

There are 10 Nova Scotia Legal Aid offices and several sub-offices located throughout the Province. Legal Aid provides legal services to people who are unable to pay for those services. In order to be eligible for those services, your income must not be higher than the Municipal Social Assistance Income Scale or must meet the requirement in accordance with an income and expense scale used by Legal Aid.

Nova Scotia Legal Aid offices are located in the following areas:

Halifax-Dartmouth
General Office
5212 Sackville Street
Halifax, N.S. B3J 1K6
Telephone: 423-1291

Cape Breton Metro
223 Esplanade St.
P.O. Box 1373
Sydney, N.S. B1P 6K3
Telephone: 539-2460

Pictou County
215 Provost Street
New Glasgow, N.S. B2H 2R3
Telephone: 752-1935

Antigonish-Strait of Canso
273 Main Street
P.O. Box 1750
Antigonish, N.S. B2G 2C2
Telephone: 863-3350

Sub-office Port Hawkesbury
(on Thursdays)
Telephone: 625-2520

South Shore
14 Dufferin Street
P.O. Box 6
Bridgewater, N.S. B4V 2E8
Telephone: 543-4658

Sub-office Liverpool
Telephone: 354-3215

Colchester County
20 Revere Street
P.O. Box 26
Truro, N.S. B2N 3J8
Telephone: 895-3839

Cumberland County
13 Crescent Avenue
P.O. Box 262
Amherst, N.S. B4N 1T8
Telephone: 667-7544

Windsor
c/o General Delivery
138 Gerrish Street
Windsor, N.S. B0N 2T0
Telephone: 798-8397
or 798-8398

South Shore-Western Shore
253 Main Street
P.O. Box 163
Yarmouth, N.S. B5A 1E2
Telephone: 742-7827

Annapolis Valley
28 Webster Court
Kentville, N.S. B4N 1H2
Telephone: 678-8381

Sub-office Annapolis Royal
Telephone: 532-5137

Dalhousie Legal Aid

Dalhousie Legal Aid Service provides legal services to clients in the Halifax/Dartmouth metropolitan area who fall within its financial eligibility requirements. Dalhousie Legal Aid is affiliated with the Law School of Dalhousie University. Contact the office at:

5557 Cunard Street
Halifax, Nova Scotia B3K 1C5
Telephone: 423-8105

Lawyer Referral Service

This service is designed to encourage individuals to seek legal advice early before problems become complicated and expensive. The service will give you the names of two lawyers; you can then arrange an appointment. The lawyer will give you an interview of up to 30 minutes at a nominal charge of $10. You can then decide either to hire the lawyer or to consult someone else or you may be satisfied that further help is unnecessary.

The Lawyer Referral Service is operated by the Nova Scotia Barristers' Society and funded by the Law Foundation of Nova Scotia and the Barristers' Society.

Should you have a legal problem and need the advice of a lawyer contact:

The Lawyer Referral Service
Nova Scotia Barristers' Society
1815 Upper Water Street
Halifax, N.S. B3J 1S7
Telephone: 429-9898
Toll Free: 1-429-9898

Hours: 9:00 a.m. to 12:00 noon

Better Business Bureau of Nova Scotia

The Better Business Bureau endeavors to:

1. receive, investigate and act upon valid complaints regarding alleged misrepresentations and irregular practices in advertising and selling of merchandise, services, etc.

2. furnish, upon request, available information concerning the business practices of firms dealing directly with the public

3. offer educational material and general information in an effort to educate the consumer concerning the marketplace.

For information contact:

Better Business Bureau
of Nova Scotia
P.O. Box 2124
1731 Barrington Street
Halifax, Nova Scotia B3J 3B7
Telephone: 422-6581 - Inquiries
422-6582 - Complaints
Telephone hours
10:00 a.m. to 3:00 p.m. weekdays.

Counselling Assistance to Small Enterprises (CASE)

Attention retired businessmen! Your services and expertise are needed to advise small enterprises and private businesses. For more information on how you cna get involved, contact:

Counselling Assistance
to Small Enterprises (CASE)
Federal Business Development Bank
Suite 170, Cogswell Tower
Halifax, Nova Scotia B3J 3K1
Telephone: 426-2474
8:30 a.m. to 4:30 p.m.

Government Information Services

Public Enquiry Service — Government of Nova Scotia

The Public Enquiry Service for the Nova Scotia Government was formed in September 1972. Since its formation approximately 170,000 enquiries have been received and handled.

The Service is a section of the Information Services Division of the Department of Government Services. Telephone, written and walk-in enquiries on government programs and services and information are answered.

Since most members of the general public have difficulty distinguishing among the three levels of government, the officers of the Service are familiar with all three.

The Service maintains information files on more than one thousand subjects in addition to numerous reference files. The subjects concern everything from Acadian history to Fundy tidal power, from background on the Halifax explosion to the date of the Daylight Saving Time changeover.

For information contact:

Sandy Phillips
13th Floor, Maritime Centre
P.O. Box 54, Halifax, N.S. B3J 2L4
Telephone: 424-6980

Canada Service Bureau

Trying to track down a Government of Canada program or service? The Canada Service Bureau will help you find the information you are looking for.

DIAL TOLL FREE: 1-426-8092
"Helping People Talk to Government".

Community Services

Senior Centres

Senior Centres are emerging across the nation as the new focal point in developing and introducing programs for the country's older population. Centres are a place where older persons may meet together, receive services, and participate in activities designed to enhance their dignity, support their independence and encourage their involvement in the community.

The Senior Centre is a key resource in the community's planning and service delivery structure. As such it works with other local agencies for the coordination of comprehensive services to meet the needs of older persons. It offers information and learning opportunities about aging and also serves as an advocate, identifying gaps in service, seeking to make needed services more accessible and acceptable to older persons, and encouraging agencies and organizations to meet the needs of the elderly in accordance with individual lifestyles, rather than merely assuming that older persons will avail themselves of services provided to the general population.

Spencer House - Seniors' Centre

In the City of Halifax, there is a centre which provides the following: an information service, referrals, a luncheon program twice a week, health clinics, pre-retirement sessions, free income tax clinic, letter carriers alert program, counselling, friendly visiting and friendly phone calls services, grandfriends' intergenerational program, assistance in program planning for senior clubs, educational programs, an activity centre, a volunteer snow shovelling program, and a Directory of Discounts. This centre is located at Spencer House, 5596 Morris Street, Halifax, Nova Scotia B3J 1C2. Telephone: 421-6131.

Northwood Multi-Purpose Centre

Northwood Incorporated is a non-profit, non-governmental, community-based citizen's organization. It provides self-contained housing and three levels of health care designed to meet the needs of the elderly and a comprehensive multi-purpose centre for people 55 years of age and over. It was incorporated in 1962 in response to the needs and concerns of this age group. The Board of Governors, which is representative of the community spectrum, serves without remuneration. The Board is assisted by a President who is the Chief Executive Officer, assisted by a permanent staff responsible for the overall management of the operation and administration of the affairs of Northwood.

Northwood Multi-Purpose Centre provides more than 30 life-enrichment, recreational, cultural and educational programs. Two of the many services available to residents and people living in the community are Adult Day Care and Holiday-Vacation (Respite) Care. The first is a support service providing relief to families having an elderly relative living with them and the latter provides for an elderly person to stay at Northwood for up to thirty days, allowing families to enjoy a well-deserved holiday.

Northwood provides a continuum of care from independent living arrangements through to intensive nursing care. Self-contained one bedroom and bachelor apartments are available.

If nursing care is necessary, the fee varies according to the level of care required.

For further information write to:

Northwood Multi-Purpose Centre
2615 Northwood Terrace
Halifax, Nova Scotia
B3K 3S5
Telephone: 454-8311

Dartmouth Senior Citizens' Service Centre

The Dartmouth Senior Citizens' Service Centre, in the city of Dartmouth, provides the following services and programs: information and referral, a drop-in facility, hot lunches twice a week, monthly birthday parties, a quarterly newsletter, a discount directory, a cable TV program, a friendly home visiting program, daily hello service, a senior outreach service, health clinics, senior counselling, a home maintenance program, a volunteer snow-shovelling program, friendly care (day care), a free income tax service, senior transit discount tickets, a farming project, financial support for hearing aids, glasses and dentures, and transportation for seniors to recreational and social events. It also offers senior housing at a reduced cost through a home-sharing program, and a seniors' band and seniors' choir. The Centre also assists professionals and students who are conducting gerontological research.

This organization is located at 13 Windmill Road, Dartmouth, Nova Scotia, B3A 1C6. Telephone: 466-7449 or 463-0482.

Senior Citizens' Resource Centre

A Senior Citizens' Resource Centre is operating in the industrial area of Cape Breton. The address is as follows:

69 Townsend Street
P.O. Box 1055
Sydney, Nova Scotia B1P 6J7
Telephone: 539-9560

The Information and Resource Centre of Annapolis County

The address for this centre is:

The Information and Resource Centre
of Annapolis County
Concerned Seniors
7 Faye Road
Bridgetown, Annapolis County
Nova Scotia B0S 1C0
Contact: Mrs. Emma Tufts

Yarmouth Retired and Senior Citizens' Information Centre

The Yarmouth Retired and Senior Citizens' Information Centre serves seniors in Yarmouth County and surrounding area. Acting as a drop-in centre as well as an information centre, it gives seniors the opportunity to socialize with others. The Centre is open Monday to Friday, 8:30-3:00.

For further information write to:

Yarmouth Retired and Senior Citizens
Information Centre
12 King Street
Yarmouth, Nova Scotia B5A 1S7
Telephone: 742-7804
Contact: William Murphy, President
Anna Goodwin, Coordinator

Valley View Villa

Valley View Villa is a nursing home serving the community of Pictou. Beginning in 1981, Valley View undertook a program called "Seniors Helping Seniors". The service is aimed at helping seniors to remain in their own homes as long as possible. Some of the services provided are: a telephone help line which handles 70 to 80 calls per month, recreational activities serving seniors who come in to Valley View from the community, purchasing wheel chairs, crutches, walkers, canes and hospital beds for seniors, and a handyman service. The program is financed by the Department of Social Services and is carried out in cooperation with the Pictou County Senior Citizens' Council.

Telephone Aids and Services

Maritime Tel and Tel has a variety of aids and services available for extending the use of the telephone to people who have hearing, speech, sight or motion disabilities. Persons having any difficulty using telephone equipment for whatever reason may contact their local Maritime Tel and Tel business office or Special Needs Centre. M.T. & T. will help with the selection of equipment most beneficial to the need as well as provide advice on rates and other pertinent details.

A Special Needs Centre is located on the mezzanine level, Maritime Centre, 1505 Barrington Street, Halifax. The Centre is equipped with working displays of the products available and trained staff members are available to provide advice on the type of equipment best suited to individual need.

The Centre is open Monday to Friday from 8:30 a.m. to 4:30 p.m. To arrange a visit or to ask about the services available, call:
Telephone: 421-5553 or 421-5999
Please dial direct. There is no long distance charge.

Telecare

Organized by the Junior League of Halifax Inc. Telecare is a safety reassurance project to give seniors in Halifax telephone contact with someone at least once every 24 hours, every day of the year, including Sundays and holidays.

Individuals who wish to become a participant are given special numbers to call at a designated time between 9:30 and 11:30 every morning. In this manner, contact is made with a concerned volunteer on a daily basis. If the senior does not call, the volunteer will call one of the two contacts that the senior has listed who will be asked to check to make sure there are no problems.

There is no charge for the Telecare Service. For further information, call the Telecare Office at 453-2952 or write to:

Telecare
c/o Northwood Incorporated
2615 Northwood Terrace
Halifax, Nova Scotia B3K 3S5

Help Line (Crisis International Line)

422-7444
24 hours a day, 7 days a week.
Contact person: Beverly Goguen

Help Line is a central information, referral and counselling service. Confidential personal contact and crisis intervention is available for night and weekend emergencies. Service is normally by telephone.

Adult Day Program

Adult Day Program provides older persons with a day time program of supervised recreational activities and personal counselling. It assists them to continue as independently as possible in the community. The program supplements family care and relieves the family of the responsibility for their seniors during the day.

Supervised recreational activities, arts and crafts, light exercises, walks indoors and outdoors, group discussions and counselling are some of the services provided. A full noon meal and snacks are available.

For further information contact:

Northwood Multi-Purpose Centre
2615 Northwood Terrace
Halifax, Nova Scotia B3K 3S5
Telephone: 454-8311

Employment Services

Canada Employment Centres

In addition to their job placement service, the Canada Employment Centres also offer assistance in creative Job Search Technique to help you find the job of your choice. Employment Centres are located throughout Nova Scotia. Check your phonebook for the office nearest you.

Transportation Services

Travel Discounts

There are a variety of travel discounts for seniors in Nova Scotia.

C.P. Air and Eastern Provincial Airways offer discounts up to 65% on round trips. Call (902) 861-3860 for details and conditions.

At VIA Rail you're an Ambassador if you're 60 years of age and over, and this entitles you to a 33⅓% discount on fares in Canada, on your evening meal aboard the train, and on hotel reservations at any Holiday Inn in Canada.

The above discount is valid year round but does not apply to Dayniter or Sleeping Car space.

To obtain your personal Ambassador Fare Card, please write to:

VIA Rail Ambassador Card
6555 Vanden Abeele
Ville St. Laurent, Quebec H4S 1S1

For train reservations and information call: 429-8421 in Halifax or 1-800-561-3952 for all other locations.

In Halifax, half-price bus fares for seniors are available from Halifax Transit, P.O. Box 2928, Telephone 425-6000. They may also be obtained from:

Information Loto Booth
Mic Mac Mall, Centre Court, Dartmouth

Crowell's Pharmacy Ltd.
349 Herring Cove Rd., Halifax

MacKay Pharmacy
205 Pleasant Street, Dartmouth

Atlas Stationery Ltd.
Penhorn Mall, Dartmouth

Bayers Rd. Market
6494 Bayers Rd., Halifax

Dartmouth City Hall
Alderney Drive, Dartmouth

G. & Z. News
100 Main Street, Dartmouth

Sunnyside Book Store
Sunnyside Mall, Bedford

Information Loto Booth
Dartmouth Shopping Centre

MacDonald's Tobacco Lottery Booth — Mahon's
5476 Spring Garden Rd., Halifax

MacDonald's Tobacco & Gifts
Barrington Place, Halifax

L.E. Sievert & Son Ltd.
1573 Barrington St., Halifax

M.T.C. Bus Depot
200 Illsley Ave., Dartmouth

Sybil's Sweets
70 First Lake Drive, Sackville

Staff of Life
Clayton Park Shopping Centre

Lawton's Drug
5515 Duffus Street, Halifax

Lawton's Drug
Scotia Square, Halifax

Lawton's Drug
Bayers Road Shopping Centre
Halifax

Lawton's Drug
Halifax Shopping Centre
Halifax

Lawton's Drug
5513 Young Street, Halifax

Lawton's Drug
Lord Nelson Arcade, Halifax

Lawton's Drug
1090 Queen Street, Halifax

Lawton's Drug
Professional Building, Halifax

Lawton's Drug
Simpson's Mall, Halifax

Lawton's Drug
2651 Windsor Street, Halifax

Lawton's Drug
Maritime Mall
Barrington Street, Halifax

Lawton's Drug
278 Bedford Highway, Halifax

Scotia Drug Centre
2151 Gottingen Street, Halifax

Shoppers Drug Mart
Quinpool Centre, Halifax

Northwood Mini Mart
Northwood Centre
North End, Halifax

O'Brien M.K. Pharmacy Ltd.
6199 Coburg Road, Halifax

Stair's Pharmacy
586 Tower Road, Halifax

MacKay Pharmacy
2959 Oxford Street, Halifax

Buckley's Drug Store
6247 Jubilee Road, Halifax

Dartmouth Senior Citizens Centre
13 Windmill Road, Dartmouth

McQuinn's Drug Store
6455 Quinpool Road, Halifax

Transportation is free for seniors on the Dartmouth Ferry throughout the year.

Access-A-Bus

This transportation service is available to physically disabled people within the Metropolitan area of Halifax, Dartmouth, Bedford and those sections of Halifax County now served by the Transit Commission.

Courtesy service within the service area is provided to disabled persons residing outside the Metro area on a space available basis.

Anyone wishing to aply for Access-A-Bus service is required to complete and return an application. The fare is $1.30 one way.

For further information regarding the service call:

Registration: 421-6614 Dispatcher 425-5544

Callow Veterans & Invalids Welfare League

The Callow Veterans & Invalids Welfare League provides group recreation transportation on request for physically handicapped people. Specifically equipped vehicles capable of accommodating those in wheelchairs as well as others unable to use conventional forms of transportation in comfort and dignity are available. There is no restriction as to age, colour or creed. The service is free.

For information contact:

Callow Veterans & Invalids Welfare League
P.O. Box 122
Halifax, Nova Scotia B3J 2M4
Telephone: 422-9433 (Office)
455-3257 (Home)

Cassibo Buses

Cassibo Buses provide provincial charter round-trip services. A 15% discount will be given to seniors on bus trips.

For information contact:

Cassibo Buses Ltd.
71 Simmonds Drive
Dartmouth, Nova Scotia B3B 1N7
Telephone: 477-1615
7:00 a.m. to 4:00 p.m. - Monday to Friday

Community Health Services

The Canadian Red Cross Society, Nova Scotia Division

Red Cross provides a number of services for seniors. Resource materials are available to seniors upon request at no cost and cover a broad range of subjects such as instruction booklets on cooking for one and cooking for two, telephone alert cards, security guides for seniors on medication use and proper nutrition.

Programs and services are also provided. These include telephone support, friendly visiting, drug and nutrition education in the form of slides and tapes, fun and fitness exercise classes.

Red Cross will lend sick room equipment without charge for short-term care in the home. When a senior is disabled and unable to use public transportation, Red Cross provides free transportation to and from medical appointments and for shopping.

Red Cross Homemakers provide a home care support service in the Halifax-Dartmouth Metro area. Fees are charged on a sliding scale and related to income and family size.

For further information regarding these programs contact:

Canadian Red Cross,
Nova Scotia Division
P.O.Box 366
Halifax, N.S. B3J 2P8
Telephone: 423-9181

The Poison Control Centre, Satellite Stations

The Poison Control Centre, located in the Emergency Department of The Izaak Walton Killam Hospital for Children, is a 24-hour phone-in service for the public and medical personnel. It provides information on the toxic effects and poison treatment of several hundred thousand household products and prescription drugs. Information is also provided on clams, mushrooms, street drugs, pesticides, and industrial problems.

The centre provides emergency treatment of all poisoning in children and shares information with hospital emergency rooms and physicians from all parts of the Maritimes. Education concerning the dangers of various products and drugs, plus first aid in a poisoning emergency, is provided to the public, civic groups, medical and pharmacy students, day care workers, public health nurses, and physicians in all areas of Nova Scotia and Prince Edward Island.

The centre maintains a collection of up-to-date, ongoing information on the contents and toxic effects of all products on the market.

The centre recently set up several satellite poison centres in the emergency departments of hospitals throughout Nova Scotia. However, the main centre for Nova Scotia is located in Halifax at 424-6161.

Satellite Stations are located at the following locations:

Victoria General Hospital
Emergency Dept.
428-2043

Dartmouth General Hospital
Emergency Dept.
469-9520

Blandford-Fraser Memorial Hospital
Kentville
678-7381 Ext. 215

Aberdeen Hospital
New Glasgow
752-8311

St. Martha's Hospital
Antigonish
863-2830

Highland View Hospital
Amherst
667-3361 Ext. 145

Sydney City Hospital
Sydney
539-6400 Ext. 118

Yarmouth Regional Hospital
Yarmouth
742-3541 Ext. 111

Dawson Memorial Hospital
Bridgewater
543-4603

Medic-Alert Bracelets

Medic-Alert bracelets are an ever-present record of personal medical information should a person become unconscious through accident. Bracelets provide information about allergies, diseases, blood types or special conditions. Applications for Medic-Alert bracelets are available from many life insurance offices or write to:

Canadian Medic-Alert Foundation
176 St. George Street
Toronto, Ontario M5R 2N1

Home Support Services — Private Sector

Homemaker services provided by voluntary agencies and the municipal level of government with provincial government supervision and cost sharing have been described on pages 19-21. In addition to these government sponsored services, three private enterprise organizations provide home support services on a fee basis. These are:

Comcare (Canada) Ltd.

Suite 518, 2nd Floor
960 Barrington Street
Halifax, Nova Scotia B3H 2P7
Telephone: 423-7221
Contact: Joan MacLeod

Comcare provides continuity of care for the patient through private duty nursing in the hospital, nursing home or in the patient's own home. Service recipients are billed weekly. Homemakers are provided. Service is available on a twenty-four hour and live-in basis.

Upjohn Health Care Services Ltd.

5991 Spring Garden Road
Suite 760
Halifax, Nova Scotia B3H 1Y6
Telephone: 425-3351
Contact: Maggie Morrison

Upjohn provides R.N.'s, C.N.A.'s, nurses aides, homemakers and companions to the elderly for a minimum of four and up to twenty-four hours a day as requested. The cost of the service depends on the qualifications of the personnel supplied.

"Sunshine" Personal Home Care (Real Help Services)

6048 Quinpool Road
Halifax, Nova Scotia B3L 1A1
Telephone: 454-9400
Contact: Elsie Kent or Jean Briggs

"Sunshine" Personal Home Care provides services which include: housekeeping, house cleaning, convalescent care, seniorsitting, babysitting, house care, pet care, painting, papering, running errands, live-ins and many other services. A 24-hour-a-day service is available on weekends as well.

Victorian Order of Nurses

Halifax and Provincial Branches
5675 Spring Garden Road
Halifax, Nova Scotia B3J 1H1
Telephone: 422-8363

The Victorian Order of Nurses is a non-profit, charitable, community health organization which provides professional nursing service on a visit basis to individuals and their families in the home or community setting. VON service stresses comprehensive, coordinated and compassionate health care in the home and helps individuals and families to be as independent as possible. The VON also seeks to respond to health care needs in the community and has established other services such as senior citizens health maintenance programs, footcare and health assessment clinics, occupational health programs, and adult day centres. The VON serves a community on the request of the citizens and with the assistance of a local Board of Management which provides expertise and community insight.

The visiting nursing service is available to all ages, seven days a week, 24 hours a day according to need. It includes health assessment and teaching, treatment, rehabilitation, palliative care and bereavement follow-up. A major focus is assisting seniors to maintain a sense of independence and self-determination in their daily lifestyle. Referrals are accepted from all sources, such as the individual, family, doctor or hospital. However, care is provided in consultation with the physician. The VON is supported by fee for service, donations, and grants. The fee for service is based on the average cost of a visit in a local branch. When necessary, the fee is reduced or omitted so that no one is refused service for financial reasons. Twelve branches make service available to a large geographical area and 82 percent of the population.

To inquire about service, please contact the office nearest you in Halifax, Dartmouth, Cape Breton Metropolitan Area, Amherst, Annapolis County, King's County, Queen's County, Hants West, Yarmouth County, Truro, New Glasgow, and Pictou.

Martha Home Health Care Project

25 Bay Street
Antigonish, Nova Scotia B2G 2G5
Telephone: 863-6116

Since 1978, Martha Home Health Care Project (MHHC) has provided home health/nursing visits to referred seniors, age 60 years and over, in Antigonish town and county. Referrals are self-referrals or are made by physicians, hospital discharge coordinators, community agencies, family, friends. Nursing care is provided in consultation with the family physician. Team collaboration with other service agencies is maintained.

MHHC is designed to offer a better quality of life for seniors endeavouring to maintain optimal functioning at home, to postpone or prevent admission to hospitals or homes for special care, to decrease length of stay in hospital, to teach patient and family health and to assist and support the spouse or family. Specific services include dressings, personal care, monitoring of medication, diet and activity, enemas, special specimens, vital signs, specialized treatments, care of the terminally ill, and post-bereavement visits.

Home visits vary from daily (weekdays) to monthly, according to need. At present, there is a charge of $2 per visit.

Antigonish Town & County Home Care Society

25 Bay Street
Antigonish, Nova Scotia B2G 2G5
Telephone: 863-5737

Antigonish Town & County Home Care Society is a home support organization serving approximately 3,000 members of the over 60 population. A network of volunteers from all age groups keep in touch with people over age 60 in their area. The program coordinator is responsible to a Board of Directors and coordinates the efforts of all the volunteers. The following volunteer services are included in the project: outreach, tel-u-care, assisting the frail elderly and disabled, telephone education (Tel Ed), generation friends, the information resource library, educational workshops, and publications.

Respite Care

Caring for a chronically ill and disabled person may be a heavy burden, tying the family down for long periods of time. This is where "respite care" comes into the picture. What the phrase means is the provision of alternate care, generally in a group setting for two or three weeks or a short period of time while the family caring for the individual takes a vacation and, referring back to the phrase, has respite from the burden of constantly being on the job.

There are a number of nursing homes in Nova Scotia that provide some degree of "respite care" or "vacation beds". These facilities are:

Northwood Complex
2630 Gottingen Street
Halifax, N.S.
454-8311

Administrative Head:
Lloyd Brown

Villa Acadienne
P.O. Box 178
Meteghan, N.S.
B0W 2K0
645-2065

Administrative Head:
Henri Saulnier

Roseway Manor Inn
P.O. Box 518
Sandy Point
Shelburne, N.S.
875-4707

Administrative Head:
Joan Lay

Hill Crest Manor
P.O. Box 1210
Manor Drive
Truro, N.S.
B2N 5H1

Administrative Head:
Carol MacMillan

Oakwood Terrace
Pleasant Street
Dartmouth, N.S.
469-3702

Administrative Head:
Stuart MacPhee

A number of other Homes for Special Care provide this service if they have vacant beds. Additional information may be obtained by contacting Barb Miller, Chief Supervisor, Homes for Special Care, Department of Social Services, 424-3206.

Wheelchair Services

Wheelchairs are available at the following shopping centres:

Bayers Road Shopping Centre
Available free from mall office — 453-2630

Bedford Place, 1658 Bedford Highway
Available at Orange Julius and
Shoppers Drug Mart — 835-8381

Downsview Mall
Lower Sackville — 865-1933

Halifax Shopping Centre — 454-8666
Eatons Store — 454-8511
No reservations necessary.

Voluntary Health and Welfare Agencies

Canadian Paraplegic Association — Nova Scotia Division

5599 Fenwick Street
Halifax, Nova Scotia B3H 1R2
Telephone: 423-1277 (8:30 a.m. to 5:00 p.m.)

This organization provides help to all age groups who are paraplegic. Counselling, referral, employment placement, information on accessible living accommodation is given. (Emergency transportation for the spinal-cord disabled can be arranged.)

The service provides wheelchairs, hospital beds, hydraulic lifters, bed bars and other equipment to the spinal-cord disabled when there is a financial need and when there are no other sources of help available.

The Alzheimer Society of Nova Scotia

The Alzheimer Society of Nova Scotia is a charitable, non-profit organization of volunteers whose goals are to promote public awareness, public and professional education, and family support of those affected with Alzheimer disease. The Society has written material about the disease, available upon request and has an information and support group meeting the second Wednesday of each month at Northwood Centre in Halifax. For more information, contact the Society at 423-2634 or write to P.O. Box 3413, Halifax, Nova Scotia, B3J 3J1.

Kidney Foundation of Canada — Nova Scotia Branch

P.O. Box 3301
Halifax, Nova Scotia B3J 3J1
Telephone: 429-9298 (9:00 a.m. to 4:30 p.m.)

The Kidney Foundation promotes organ donation, specifically the donation of kidneys. It provides patient services to those afflicted with kidney disorders, provides public and patient information and education re: kidney disorders, and is involved in fund raising to help in the fight against kidney disease and in medical research.

The Nova Scotia Heart Foundation

The Nova Scotia Heart Foundation is devoted entirely to the study, control and prevention of heart and blood vessel diseases including stroke. To meet its objectives the Foundation raises funds to support Nova Scotia-based medical research, and public and professional education programs which seek to further cardiovascular and health knowledge both to the medical and para-medical community and to the general public. The Foundation maintains an extensive film and literature library covering information

on all aspects of cardiovascular diseases, their causes, symptoms, treatment and cure. These materials are provided to the public on request, usually free of charge, but the Foundation does try to recover costs on large orders.

President: Mr. Roderick McLeod
Executive Director: W.E. Matheson

Nova Scotia Heart Foundation
P.O. Box 1585, 1657 Barrington Street
Halifax, N.S. B3J 2Y3
Telephone: 423-9281

Nova Scotia Lung Association

17 Alma Crescent
Halifax, Nova Scotia B3N 2C4
Telephone: 443-8141
8:00 a.m. to 4:00 p.m. Monday to Friday

The objectives of the Association are to assist in the prevention and control of lung diseases in the Province of Nova Scotia through health education in schools and health areas and in smoking withdrawal programs. The Association has established an Easy Breathers' Club for those suffering from Asthma, Chronic Bronchitis and Emphysema and carries out Family Asthma Programs in Nova Scotia for children through volunteers and local lung associations.

Nova Scotia Hearing and Speech Clinic

The Nova Scotia Hearing and Speech Clinic, an independent, non-profit agency, is funded primarily from the Nova Scotia Department of Health. Private contributions, which are tax deductible, provide necessary sustaining funds. Your support is welcome and encouraged.

The Nova Scotia Hearing and Speech Clinic provides the following services: diagnostic audiology, infant hearing testing, hearing aid evaluations, hearing education, lip reading and auditory training, laryngectomies, cleft palate and oro-facial deformities, aphasia, stuttering, cerebral palsy, articulation disorders, delayed language, language disorders, voice disorders and many other organic and functional disorders of speech, language and hearing.

Nova Scotia Hearing and Speech Clinic
5919 South Street
c/o The Izaak Walton Killam Hospital
for Children
Halifax, N.S. B3J 3G6
Telephone: 902-423-7354

Regional facilities which may be contacted for assistance and information are as follows:

Wayne MacLean
Brian Smith
110 Pleasant Street East
Highland View Hospital
Amherst, N.S. B4H 1N6
Phone: 667-3361

Anne Mason-Browne
Odilia MacDonald
St. Martha's Hospital
25 Bay Street
Antigonish, N.S. B2G 2G5
Phone: 863-2830

Scott MacKay
Cathryn Moore
Dawson Memorial Hospital
197 Dufferin Street
Bridgewater, N.S. B4V 2H1
Phone: 543-4603

Mary Ann Colgan
Marshall Treatment Centre
N.S. Hospital, Box 1004
300 Pleasant Street
Dartmouth, N.S. B2Y 3Z9
Phone: 469-7500 Ext. 519

Stephen D. Anthony
Digby General Hospital
67 Warwick Street
Digby, N.S. B0V 1A0
Phone: 245-2501 Ext. 266

Gylfi Baldursson
Karen Kennedy
Blanchard Fraser Mem. Hosp.
186 Park Street
Kentville, N.S. B4N 1M7
Phone: 678-7381

Alayne MacDonald
Queen's General Hospital
School Street, P.O. Box 370
Liverpool, N.S. B0T 1K0
Phone: 354-3436

Cathryn Moore
Fisherman's Mem. Hosp.
14 High Street
Lunenburg, N.S. B0J 2C0
Phone: 634-8801

Heather Maessen
Aberdeen Hospital
835 East River Road
New Glasgow, N.S. B3H 3S6
Phone: 752-4507

Judy Schmidbauer
Strait-Richmond Hospital
RR 1, Cleveland
Port Hawkesbury
Richmond County, N.S. B0E 1J0
Phone: 625-3100

Alayne MacDonald
Roseway Hospital
Sandy Point Road
Shelburne, N.S. B0T 1W0
Phone: 875-3011

Lucy MacDonald
Eastern Shore Mem. Hosp.
Sheet Harbour, N.S.B0J 3B0
Phone: 885-2554

Jeanne Robertson
Dave Moffatt
Ellen Jones
St. Rita's Hospital
409 King's Road
Sydney, N.S. B1S 1B4
Phone: 564-5414

Paul Peksa
Anne Nichols
Harborview Hospital
P.O. Box 128
Sydney Mines, N.S. B1V 2Y4
Phone: 736-2831 Ext. 134

Mary Weckman
Marianne Casey
Colchester Hospital
207 Willow Street
Truro, N.S. B2N 5A1
Phone: 895-5421 Ext. 191

Cathy Smith
Hants Comm. Hosp.
Windsor, N.S. B0N 2T0
Phone: 798-8351 Ext. 131

Rob Ilsley
Yarmouth Regional Hosp.
60 Vancouver Street
Yarmouth, N.S. B5A 2P5
Phone: 742-3541 Ext. 379

Canadian Diabetes Association

1673 Barrington Street
P.O. Box 275
Halifax, Nova Scotia B3J 1Z9
Telephone: 421-1444
8:30 a.m. to 4:30 p.m. Monday to Friday

The Association promotes medical research into diabetes. The objective is self-help on behalf of the diabetic through education. The basic tools are literature, professional advisory services in medical care and dietary control and *Dialogue*, a quarterly magazine published by the Association.

Canadian National Institute for the Blind

6136 Almon Street
P.O. Box 8180
Halifax, Nova Scotia B3K 5L9
Telephone: 453-1480
8:30 a.m. to 4:30 p.m. Monday to Friday

The C.N.I.B. serves all blind people of the Maritime Provinces, with no restrictions as to age, sex, religion or financial status. It provides social casework, rehabilitation teaching, vocational training and placement, an employment office, sheltered workshops and craft room with a salesroom. There is also an eye bank registry for people willing to donate their eyes after death. Current eye problems are not always a factor in determining their use. C.N.I.B. has particularly good pamphlets on eye conditions such as glaucoma, muscular degeneration, diabetic retinopathy, and cataracts.

The C.N.I.B. provides a talking book service and, as well, there is a Senior Citizens Matinee Club that meets for social outings under the direction of President Wally MacDonald. This agency also provides an up-to-date dial-a-phone information line at 453-2263. The C.N.I.B. will answer any questions pertaining to blindness or visual difficulties.

Canadian Mental Health Association — Halifax Branch

5867 Spring Garden Road
Halifax, Nova Scotia B3H 1Y2
Telephone: 422-3087
8:30 a.m. to 5:00 p.m.

Mental Health/Halifax, a local branch of the Canadian Mental Health Association, provides public education and information on mental health topics. This is carried out through distribution of written materials, telephone assistance, and public speaking. The branch, through its staff and volunteer board, has an advocate role in mental health service development. Both Halifax and Dartmouth branches

operate a social support program for ex-psychiatric patients.

Forward Horizons Mental Health Association

Serenity House
2135 Brunswick Street
Halifax, Nova Scotia
Telephone: 423-0747
10:00 a.m. to 4:00 p.m. Monday to Friday,
Tues. and Thurs. 7:00 p.m. to 10:00 p.m.

This is an incorporated independent Mental Health Association which provides emotional support through counselling, community involvement and self-awareness programmes. The program is open to anyone having an interest in the Mental Health field. Social and cultural programs include weekend retreats, social evenings, camping and hiking. Outreach services are provided to ex-patients and their families.

Halifax Stroke Club

Telephone: 443-7907

This club is a self-help group where members learn through doing in a supportive group setting.

Stroke clubs have proven to be of great value in the recovery process, not only to the person who has had the stroke, but to the immediate family as well. A stroke club can help combat problems of isolation, depression and regression. It can provide fellowship and understanding, and open the door to self-confidence and independence.

Multiple Sclerosis — Halifax-Dartmouth, Metro Chapter

1183 Susan Drive
Lower Sackville, Nova Scotia B41 1P4
Telephone: 865-9533

The agency supplies wheelchairs, walking aids, lifts for bathtubs, etc., to Halifax-Dartmouth metro residents only. The agency also provides transportation to the regular monthly meetings. The group has social activities and a fund raising program.

Canadian Cancer Society

Provincial Headquarters
1657 Barrington Street
Suite 201
Halifax, Nova Scotia B3J 2A1
Telephone: 423-6183
8:30 a.m. to 4:30 p.m.

It is the present policy of the Nova Scotia Division, Canadian Cancer Society, to help cancer patients within certain prescribed limits without overlapping the work of any other organization.

Patients or relatives may make application to their local unit or provincial headquarters.

Each case requiring financial outlay (e.g. nursing, housekeeping care, or drug assistance, etc.) is treated individually on its merits.

Arthritis Society — Nova Scotia Division

5516 Spring Garden Road
Halifax, Nova Scotia B3J 1G6
Telephone: 429-7025
9:00 a.m. to 5:00 p.m. Monday to Friday.
Except summer months (July to September 1),
8:30 a.m. to 4:30 p.m.

The Arthritis Society is the only organization in Canada solely devoted to solving the problems of arthritis, and alleviating the suffering and disability caused by it. Its main objective is the elimination of the disease. The Society provides home-care physiotherapy services in the Halifax-Dartmouth area and some other communities in Nova Scotia. This service is available only by a physician referral.

Canadian Rehabilitation Council for the Disabled

960 Barrington Street
Halifax, Nova Scotia B3H 2P7
Telephone: 429-3420
8:30 a.m. to 4:30 p.m. Monday to Friday

The Canadian Rehabilitation Council for the Disabled conducts various programs for children and adults who are disabled, as well as supplying aids such as wheelchairs, crutches, and a clinic service for children. For any information concerning various programs call the above number.

General Information

Proof of Age

Many reductions and benefits are available to senior citizens. In order to receive them, however, you are often expected to prove your age. This is especially important when you are applying for government pensions and benefits. A copy of your birth or baptismal certificate should be included with your application form. If these are not available, other documents are often accepted to establish age.

Birth Certificates

If you were born in Canada, you may obtain your birth certificate by writing to the Vital Statistics Branch of the province in which you were born. Be sure to include your full name at birth (first, middle, last). In Nova Scotia the address is:

Deputy Registrar General
P.O. Box 157
Halifax, Nova Scotia B3J 2M9
Telephone: 424-4374

If you were NOT born in Canada, the following offices may be able to provide you with information on where to write for a foreign birth certificate:

Deputy Registrar General
P.O. Box 157
Halifax, Nova Scotia B3J 2M9
OR
Income Security Programs
6960 Mumford Road
Suite 111
Halifax, Nova Scotia B3L 4P1

Baptismal Certificates

The church where you were baptized may supply you with a baptismal certificate. If you don't know the specific church, write the central office of your religious denomination. They may have duplicate records.

Other Documents

If both your birth and baptismal certificates are unavailable, there are other documents which can be used to establish your age. Usually, two or more of the following are required:

- Family Bible or other personally kept family records
- Marriage certificate, church roll, communion or confirmation certificates
- Education documents such as school registers, diplomas, teacher's certificates
- Insurance record or government annuity contract
- Hospital or medical records, vaccination records
- Pension or superannuation records
- Employment records
- Newspaper clippings
- Public records such as assessment rolls, voter and jury lists
- Membership records in lodges, clubs and associations
- Military records
- Court records
- Census records and National Registration records
- Naturalization documents, Citizenship certificate, Immigration record or Passport.

Contact the Old Age Security Office for further assistance and information.

Social Insurance Number

Most government applications require that you

have a social insurance number. Applications are available at all post offices and Canada Employment (Manpower) Centres.

Establishing the proper identification necessary to prove your age may seem like a lot of trouble, but it is well worth the many benefits and discounts which may be available to you.

The Bonuses of Golden Age

Many banks offer special courtesies to senior citizens. These courtesies may include free chequing or no charge for paying utility bills, etc. Inquire at your bank about the specific services that it provides.

Insurance agents often provide discounts on home, property and fire insurance, which are well worth inquiring about.

Travel Discounts

The following firms provide travel discounts for seniors.

Nova Tours
6064 Quinpool Road
Halifax, Nova Scotia
B3L 1A1
Telephone: 902-429-3702

Atlantic Tours Ltd.
P.O. Box 3596
Halifax, Nova Scotia
B3J 3J2
Telephone: 423-6242 or Toll Free: 1-800-565-7173
Contact: Paul Emmons

Airport Transfer Co. Ltd. —
Nova Charter Services
71 Simmonds Drive
Dartmouth, Nova Scotia
Telephone: 463-0212

Quality Travel Service
1796 Granville Street
Halifax, Nova Scotia
B3J 1X7
Telephone: 429-0080

Good Neighbour Tours
25 Palmer Street
Truro, Nova Scotia
B2N 4E8
Telephone: 895-3500
895-7887

Discounts for Seniors — Senior Handbook

The Nova Scotia Division of Canadian Pensioners Concerned distributes, at cost, Discount Lists naming firms which provide discounts to older citizens, e.g. *Senior Handbook* issued by the Senior Citizens Information and Service Centre, Halifax. The address where the Handbook may be obtained is shown on page 47 of this booklet. Travel discounts available to seniors are listed under Transportation (page 49).

Most theatres and agencies providing entertainment offer discounts to seniors. It is suggested that you always make inquiries regarding these discounts. In many cases the clerk serving you may not be aware of what is available. Your inquiry will serve to emphasize the importance of discounts for seniors.

Senior Citizens' Councils

There are approximately 200 senior citizens' clubs throughout Nova Scotia. The membership of these clubs is steadily increasing with the growth of the senior population. Representatives from the various clubs form Regional Councils. The Councils and their Executive Members are listed below.

Annapolis

PRESIDENT
Mrs. Kay Wilson
Bridgetown
Annapolis County, N.S. B0S 1C0
Phone: 665-2386

Antigonish — Guysborough Senior Citizens' Council

PRESIDENT
Mrs. Charlotte Delorey
RR 1, Afton
Antigonish Co., N.S. B0H 1A0
Phone: 232-2333

Cape Breton

PRESIDENT
Robert Wadman
19 Wadman Street
Glace Bay
Cape Breton Co., N.S. B1A 1S4
Phone: 849-9463

Colchester, East Hants

PRESIDENT
Gordon Upham
350 Robie Street Apt. 109
Truro
Colchester Co., N.S. B2N 1L3
Phone: 893-8926

Cumberland County Council of Senior Citizens

PRESIDENT
Mrs. Hannah Moore
RR 3, Oxford, N.S. B0M 1P0
Phone: 447-2729

Dartmouth Senior Citizens' Council

PRESIDENT
Mrs. Ellen Girrard
1 Alderney Drive, Apt. 605
Dartmouth, N.S. B2Y 4A7
Phone: 463-5555

Digby County

PRESIDENT
Mrs. Winnifred Comeau
Apt. 6, St. Mary's Street
Digby
Digby County, N.S. B0V 1A0
Phone: 245-4380

Halifax

PRESIDENT
Jim Baxter
11 Drysdale Road, Apt. 9
Spryfield, Halifax Co., N.S.
B3R 1L4
Phone: 477-7406

Inverness-Richmond

PRESIDENT
Fred Wildsmith
Port Hawkesbury
Inverness Co., N.S. B0E 2V0
Phone: 625-2183

King's

PRESIDENT
Mrs. Ruth Campbell
RR 3, Aylesford
Kings Co., N.S. B0P 1C0
Phone: 847-3205

Lunenburg County

PRESIDENT
Leonard Vaughn
LaHave
Lunenburg Co., N.S. B0R 1C0
Phone: 688-2556

Pictou County Senior Citizens' Council

PRESIDENT
Russell Brownell
RR 2, New Glasgow
Pictou Co., N.S. B2H 5C5
Phone: 923-2662

Shelburne

PRESIDENT
Kenneth Thomas
P.O. Box 164, Barrington
Shelburne Co., N.S. B02 1E0
Phone: 768-2012

Yarmouth

PRESIDENT
Mrs. Florence Amirault
Lower East Pubnico
Yarmouth Co., N.S. B0W 2A0
Phone: 762-2864

Information Re: Societies Act

Senior Citizens' Clubs wishing to incorporate under the Societies Act should become familiar with the following information:

SOCIETIES — INCORPORATION OVERVIEW AND INSTRUCTIONS

Incorporation of a non-profit organization is a purely voluntary action and it is not mandatory upon the members to form a body corporate.

Results of Incorporation

The Societies Act was proclaimed in 1953 as a vehicle under which any five or more persons wishing to incorporate a society may do so by submitting certain documentation to the Registrar of Joint Stock Companies. A society under this Act is effected in the same manner as the creation of a corporate body under the Companies Act, that is to say a society under this Act is a corporate entity separate and apart from the members with the power to hold property and carry on the objects as set forth in the Memorandum.

Limitation of Incorporation

Subject to Section 4 of the Societies Act, any **five persons** may, by subscribing to a Memorandum of Association, submitting by-laws and a list of first directors, form a society. The purpose for which a society may be incorporated is restricted to the items set out in Section 2 cited as follows:

> "A society may be incorporated under this Act to promote any benevolent, philanthropic, patriotic, religious, charitable, artistic, literary, educational, social, professional, recreational, sporting or any other useful object, but not for the purpose of carrying on any trade, industry or business."

Advantages

The reasons or advantages for incorporation may be divided into several categories:

1 **Protection of Name** — prior to incorporating, the name must be approved by our office to ensure that it is not currently being used by any other organization, be it body corporate or partnership, in this province.

2 **Public Record** — through incorporation, the objects of the organization are placed on public record so that any individual may ascertain the purposes of the society by simply checking the records at the Joint Stock Companies Office.

3 **By-Laws** — one of the most common frailties of non-profit organizations is the continual transfer on an annual basis of the books and records from one secretary to another. In many cases, the original by-laws of the association are misplaced and consequently time may be wasted at the annual or special meetings determining the correct method of conducting meetings, powers of directors, appointment of officers, etc. The secretary may request a photocopy of same to ensure that the method of transacting business is done according to the regulations laid down by the society.

4 **Personal Liability — under Section 25**

"No member of a society shall, in his individual capacity, be liable for any debt or liability of the society beyond the amount of any subscription, dues or fees payable by him to the society."

The society may sue or be sued under its legal entity.

5 **Tax-exempt Receipts** — Incorporation under the Societies Act does not give the society the right to issue receipts which may be used by the donor for income tax exemption purposes. Should a society wish to grant tax exempt receipts, application must be made to Revenue Canada.

6 **Grants** — in most cases, any government department which provides grants to non-profit or charitable organizations insists on the organization becoming incorporated prior to the approval of the grant.

How to Incorporate

In order that incorporation may be effected under the Societies Act, certain documentation must be filed with the Registrar as follows:

1 **Name Approval** — Prior to incorporation, the proposed name of the society must be reserved by the office of the Registrar of Joint Stock Companies (424-7770).

2 **Memorandum of Association** — the Memorandum of Association must state:

(i) the name,

(ii) the objects or purposes for which the society is to be incorporated,

(iii) the proviso clause with respect to the carrying on of business and that no profits will accrue to the members,

(iv) term or condition respecting dissolution or winding up,

(v) the registered office of the society,

(vi) the general geographic area where the activities are to be carried on,

(vii) the Memorandum is to be subscribed by a minimum of five individuals, signing in their own handwriting their names, addresses and occupations. All signatures are to be witnessed by an individual who is not one of the subscribers.

3 **By-Laws** — the By-laws are the everyday rules of management and contain certain clauses with respect to membership, appointment of directors, duties of directors, appointment of officers, duties of officers, financial reporting, method of calling and conducting meetings, etc.

4 **Typewritten List of Directors** — this list contains the names, addresses and occupations of the first directors of the society, and said list will indicate the expiration of their term of appointment. This is usually until the next annual general meeting.

5 **Fees** — incorporation fees are a minimal $5.00.

6 **Annual requirements** — subject to Sections 17 and 18 of the Act, every society must file annually:

(i) a list of directors as appointed at the last annual meeting, setting our their names, addresses and occupations, and dates of appointment. A list should also be filed any time during the year in which a change of directors has occurred, through vacating of office, dismissal, etc.

(ii) a financial statement must be filed annually. This statement is to be in the form of a balance sheet and income statement and a copy of the report filed at the annual meeting for examination by the members is sufficient for filing.

7 **Amendments** — Any amendments under the Societies Act may only be effected by special resolution; a special resolution being a resolution passed by a minimum of three-fourths of the members present, either in person or by proxy where proxies are allowed, at a meeting duly called and convened for the purpose of passing said resolution, and must be approved by the Registrar before taking effect. The directors have no power to alter the By-laws or the Memorandum of Association.

A special resolution must be passed for such items as:

• name approval; • alteration of the objects and purposes of the society; • amending the by-laws; • borrowing of money.

For further information contact: Registry of Joint Stock Companies
P.O. Box 1529
Halifax, Nova Scotia B3J 2Y4

You Are What You Eat

Food choices for older adults are affected by a number of factors. Disability and illness, depression and loneliness, reduced income and possible changes in living environment can lead to inappropriate food practices. A number of problems experienced by this age group — lack of energy, bone fragility, constipation — are aggravated by poor food habits. CANADA'S FOOD GUIDE also provides a framework for wise food choices for this age group.

Because physical activity may be further reduced in older adults, energy requirements are less. However, nutrient needs do not decrease. Wise food choices for this age group are those of higher nutrient density, namely foods providing nutrients without being high in energy content. A reduction in the use of additional foods and beverages is advisable.

Unfortunately, some older adults let dental problems and rising food costs interfere with their food intake, especially of FRUITS AND VEGETABLES. This can lead to inadequate intakes of vitamin A, vitamin C, thiamin, folacin and fibre. Carefully prepared and cooked fruits and vegetables and juices can provide these nutrients.

Osteoporosis, a condition of decreased bone density and weakened bone structure, is a serious problem, particularly in older women. One probable cause is inadequate calcium and vitamin D intake over a period of years. Continued emphasis on MILK AND MILK PRODUCTS is needed in the senior years.

In cases where depression and loneliness are affecting food intake, a change in social environment may be the solution. Sharing meals with friends, participating in community meal programs or simply watching television while eating can make mealtimes more enjoyable. Meal delivery programs are also available in some communities.

If older adults are having difficulties changing eating habits to adapt to reduced financial resources and health problems, nutritionists and dietitians can provide some practical answers.

Eating a variety of foods from each of the Canada's Food Guide groups should provide you with all the necessary nutrients for a well-balanced diet.

These are the 4 groups:

1. Milk and Milk Products
2. Breads and Cereals
3. Fruits and Vegetables
4. Meat and Alternates

The Food Guide recommends a daily intake for an adult of:

Milk and Milk Products (2 Servings). One Serving Examples:

- 250 ml (1 cup) whole milk, skim milk, buttermilk, 2% or reconstituted evaporated milk
- 250 ml (1 cup) yogurt or cottage cheese
- 45 g (1½ oz.) cheddar or process cheese

If no milk products are consumed, calcium may be acquired through eating canned salmon (bones included), broccoli, sardines, soy products, and nuts.

Breads and Cereals: (3-5 servings). One Serving Examples:

- 1 slice enriched or whole grain bread

- 125 - 250 ml (½ - 1 cup) cooked or ready to eat cereal
- 1 roll or muffin
- 125 - 200 ml (½ to ¾ cup) cooked rice, macaroni, spaghetti or noodles

Fruits and Vegetables: (3-5 servings). One Serving Examples:
- 125 ml (½ cup) vegetable, fruit or natural juice
- 1 medium potato, carrot, green pepper, tomato, apple, banana, orange

At least two of the servings should be of vegetables.

Meat and Alternatives (2 servings). Examples of a Serving are:
- 60-90 g. (2-3 oz.) cooked meat, poultry, fish, liver
- 80 ml (⅓ cup) canned tuna or salmon
- 60 ml (4 tablespoons) peanut butter
- 250 ml (1 cup) baked beans
- 2 eggs
- 80-125 ml (⅓ - ½ cup) seeds and nuts

Anyone wishing to obtain a copy of Canada's Food Guide at no charge can write or call their local Health Department for specific nutrition information; a community health nurse is also available for consultation.

Meals Are A Social Time

Seniors should try to have company during meal time, whether it be a friend, a pet, a radio, T.V., or even a favorite book.

With this idea in mind, groups of seniors should arrange to eat meals together. Homes for Special Care, schools, clubs with dining areas could invite seniors to join them in a meal. Some groups have formed supper or luncheon clubs to enjoy good food and company. Car pools and volunteer transportation can be arranged to include those who are not independent in transportation. Some Homes for Special Care and clubs exchange a very inexpensive meal in return for volunteer time from a senior to play the piano, sing, read to the blind, or write a letter. The old familiar pot luck supper is also a good way to bring people together from various locations.

Information is available from the regional office of the Department of Health on nutrition and food.

Hospice Program

The Hospice Program at the Victoria General Hospital began as a volunteer effort in 1978 and was expanded in 1981 to include two Hospice nurses who act as consultants and educators in providing care to terminally ill patients and their families.

A psychiatrist who specializes in Hospice Care is available as a consultant to the Hospice program. A group of trained volunteers works in the capacity of a friendly helper with patients and families who have been referred. The volunteer makes time available to the patient and/or family, and works toward meeting whatever needs the family unit identifies.

In addition to assisting with hospital care, the Hospice Program provides assistance when a terminally ill person wishes to be cared for at home, and offers support to family members following the death of a relative. Patients and families are generally referred by hospital staff; however patients or family members may contact the Victoria General Hospice Program by calling 428-4174 or 428-4175, Monday to Friday, 8:30 a.m. to 4:30 p.m.

Palliative Care Service

Using nursing visits and volunteer support, the Palliative Care Service at the Halifax Infirmary attempts to provide relief and tranquility to the terminally ill. The emphasis of the service is to control the often difficult symptoms of a terminal disease and maintain the comfort and quality of life for both the patient and family. The service began in 1982 and cooperates with other clinical care services.

Further information may be obtained by calling the Halifax Infirmary Palliative Care Service at 428-3119.

Coping With Death

The Way Ahead

The loss of a loved one, a job, or a home can be as great a shock to the system as an illness or surgery. Just as you would postpone major decisions while healing from surgery, so also you should postpone them while healing from the emotional wound of a loss. Decisions regarding future lifestyle, property or moving to new living quarters can usually be postponed for a number of months without too much difficulty.

Funeral Plans

When someone dear to you dies, it is important to find his/her instructions concerning funeral arrangements or bequeathing the body for medical research or organs for use by others.

Funeral arrangements can be very expensive. Ask for detailed estimates before committing yourself and try to cut costs by eliminating the items you consider to be least important. Cremation is one such alternative available.

In situations where there is little or no money available for funeral expenses, assistance may be available through the Municipal Social Service office. If the deceased was receiving War Veterans' Allowance, the Department of Veterans Affairs (p. 8) may also provide some assistance.

For members of religious organizations please remember to call your clergyman first.

Death Certificate

In most situations funeral directors look after the arrangements and have the death certificate submitted to the Deputy Registrar General.

If you require copies of the death certificate for any purpose, they may be obtained for a fee of $5.00 each at the following location:

Deputy Registrar General
P.O. Box 157
Halifax, Nova Scotia B3J 2M9
Telephone: 424-4373
424-4374

Death Benefits

Several pension plans provided by the government, by companies or privately, include survivor benefits. All sources of income for the deceased should be checked to see what kind of provisions are made for survivors. Because of the different ways pensions and annuities are treated under the Income Tax Act, it is important for a surviving spouse to examine all options. If you need assistance with this task, consult an accountant.

Making Things Easy For Those You Leave Behind

The period following a death is a highly emotional time, and basic pre-planning can spare your friends and family some agonizing decisions, confusion, worry and legal entanglements.

1. Making a Will

Many potential problems and delays may be avoided by drawing up a will. You many feel it isn't worth it because you have so little to leave but you probably have more than you realize. It is advisable to have your will drawn by a lawyer. The fee is minimal and well worth the investment. If you don't have many assets and your finances are straightforward, you can write your own will without professional assistance. Standard forms are available at most stationery or office supply stores, and you will need two competent adults, who are not mentioned in the will, to act as witnesses to your signing. The witnesses must be present with the testator and witness him or her signing the will, and also witness each other signing the will.

If your will is quite complicated and detailed it is best to have it done by a lawyer. Legal Aid and Lawyer Referral (p. 44) can provide assistance in such situations, or contact your own lawyer.
own lawyer.

It is important that you keep your will in a safe place and that the executor of the will knows where that place is.

As soon as there are significant changes in your estate, your will should be updated.

In cases where there is no will or next of kin, the Public Trustee of Nova Scotia has the power to administer the estate:

Public Trustee of Nova Scotia
P.O. Box 685
Halifax, Nova Scotia B3J 2T3
Telephone: 424-7760

2. Arranging Your Affairs

Do you know where your important papers and documents are located? Are they together, or scattered? Have you forgotten where you stored what?

It is unlikely that your survivors can find these papers if you do not know where they are. Several of your immediate family or friends, should be entrusted with the locations of your important documents (of course, it is handiest if in one location). This matter is simply done by preparing a personal record listing the locations of the following.

- birth certificate
- social insurance number
- marriage certificate
- safety deposit box and keys
- securities and records

- power of attorney
- burial plans
- armed services record
- Old Age Security number
- will
- insurance policies
- mortgages
- deeds
- tax bills
- leases
- debts
- bank accounts

3. Funeral Arrangements

Although the topic may be very distasteful to you, it is very practical and becoming increasingly more acceptable to pre-plan certain funeral arrangements. Information regarding your funeral plans and any burial plot you may have purchased should be included in your personal record. Make sure you understand all the conditions of these various transactions and have them in writing before signing anything.

You may not wish to make such extensive plans, but you should leave instructions as to your wishes.

The Greater Halifax Memorial Society

Many people who pre-plan their own funerals have a concern that their survivors should not make very elaborate and expensive funeral arrangements. With this in mind, memorial societies have been established, which enable their members to obtain a simple funeral at a predetermined low cost. These organizations are non-profit, non-sectarian and non-political.

If you are a member of a religious organization, your clergyman should be notified first of all.

For more information on membership in Memorial Societies, contact:

The Greater Halifax Memorial Society
P.O. Box 56
Lower Sackville, N.S. B4C 2S8
Contact: Mrs. Doris Hiscock
Telephone: 865-5370

Community Contact for the Widowed

The Community Contact for the Widowed offers social and educational programs for those who have been recently widowed. The Association coordinates a widow-to-widow/widower-to-widower support program and provides information, referrals and emotional support as well as professional help if requested.

The Association aims at developing a community awareness of the problems of bereavement.

For further information contact:

Mrs. Margaret Hallett, President
1674 Henry Street
Halifax, Nova Scotia B3H 3K3
Telephone: (902) 423-2530

For one-to-one widowed support, contact:

Mrs. Ida Zifkin, Chairperson
6636 Pepperell Street
Halifax, Nova Scotia B3H 2P4
Telephone: (902) 422-5609

The Association meets monthly (September to June) at the Halifax Y.M.C.A.

For additional helpful information read:

Survival - A Sourcebook for Widows published by the Nova Scotia Advisory Council on the Status of Women, and available from the Provincial Government Bookstore, P.O. Box 637, 1597 Hollis Street, Halifax, N.S. B3J 2T3. Price $1.50.

When You Move

Service organizations you should notify include:

Your Bank — Consult with a bank representative to determine the closest branch to your new location for the transfer of your account. Today, with electronic banking, transfer of funds is practically instantaneous. Chances are your money will arrive before you do.

Telephone — Phone your local business office to cancel your phone and inquire about obtaining a new phone number at your new location. If you own your own phones, or have telephones with jacks, remember to take your phones with you. New buildings may not have jacks already installed. So check to determine if jacks are availabe for telephone hook up.

Hydro — Cancel your hydro and make arrangements to have hydro turned on at your new location.

The Post Office — Mail change of address cards, which you get free from the post office to friends and relatives. Notify important services, and offices re such things as pension payments, etc. Make arrangements with the local post office to have your mail forwarded. Canada Post charges $1.59 for 3 months service, and $3.18 for 6 months service.

Heating Fuel — If your home is heated by gas, inform the gas company that service be discontinued. Inform the oil delivery company to discontinue oil delivery and arrange payment from the new tenant/owner for the remaining oil in the tank.

Water — Notify the municipality so that the water meter can be read for billing purposes on the day you move.

Credit Cards — Make certain that you inform companies with whom you hold credit cards of your change of address. Most of the major oil companies provide a change of address form on the return envelope flap.

Temporary Phone — During the moving process try and make arrangements with a friend or neighbour for emergency calls.

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